

## **TIPS FOR BONE HEALTH**

### **Nutrition**

- Eat 3-4 cups of non-starchy vegetables per day
- Eat more legumes such as lentils, split peas, kidney beans, black beans, adzuki beans, tofu and soy milk.
- Eat a varied diet instead of the same foods from meal to meal.

### **Habits that Promote Bone Loss**

- Caffeine
- Cigarettes
- Alcohol
- Excess sodium
- Sugar
- Refined and processed foods

### **Habits that Promote Bone Growth**

- Exercise: Weight bearing exercise encourages bone growth and strengthening. Remember to include activities such as gardening or housework, as well as an additional exercise regime like walking, yoga, Tai Chi or light hand weights.
- Sunlight Exposure: Gardening or exercising outdoors exposes your skin to sunlight, which stimulates the production of vitamin D. This vitamin, in turn, adds in the absorption of calcium.

### **Bone Nutrients**

Calcium 500-1500mg

Magnesium 300-600mg

Boron 3mg

Strontium 200-600mg

Folic Acid 800mcg

Vitamin B6 10-15mg

Vitamin B12 100mcg

Copper 2-4mg

Zinc 15-30mg

Manganese 5-15mg

Note: Eliminate Vitamin A from all supplements, as has been shown to increase hip fracture risk.