

BONE HEALTH MANAGEMENT THROUGH FOOD

Our body requires two key nutrients for strong healthy bones, **calcium** and **vitamin D**



Evidence shows that other nutritional sources such as **protein, vitamin C, K, potassium and magnesium** may also help in building stronger bones



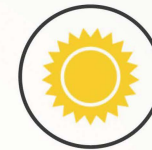
CALCIUM

Calcium can be found mostly in dairy products, fish with edible bones, dark-green leafy vegetables and calcium-fortified products



VITAMIN D

Vitamin D can be obtained through sun exposure, oily fish and eggs



SUNLIGHT



OILY FISH



EGGS

SUPPLEMENTS

Take supplements if you have trouble getting enough calcium or vitamin D from the recommended sources



Limit alcohol and caffeine intake to maintain bone health



Optimal bone health starts from a balanced diet that includes adequate calcium, vitamin D, protein, with lots of fruits and vegetables.

