

BONE HEALTH AT EVERY AGE

The Benefits of Prunes for Bone Health



PEAK BONE MASS:

The point when bones have reached their maximum strength and density.



CHILDREN & TEENS

ADULTS

OLDER ADULTS

ELDERLY ADULTS

IMPORTANT LIFE EVENTS

Growth and Development

Pregnancy

Menopause

Healthy Aging

BONE HEALTH

Bone-building years

Bone-building years

Initial rapid bone loss

Gradual bone loss

90% peak bone mass achieved by age 18-20¹

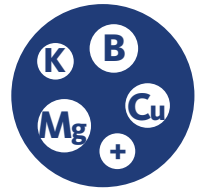
Peak bone mass complete at age 30¹

First five years after menopause²

Men & women lose bone at the same rate by age 65-70³

BONE HEALTH RESEARCH⁷

- Prunes have vitamins and minerals that likely work together to protect the bone, including **fiber, vitamin K, magnesium, potassium, boron, copper and polyphenols.**



- Multiple studies suggest **prunes may help to prevent bone loss.** A recent study showed benefits with just 5-6 prunes per day in postmenopausal women.

- A yearlong study saw an **increase in bone mineral density** of certain regions of the body in people who ate 10-11 prunes per day. New research is showing similar bone-protective effects in terms of slowing bone breakdown in men who ate 10 prunes daily for six months.



THE POWER OF PRUNES...

Prunes are an all-natural source of fiber, with 3g of fiber per serving, and only 100 calories



Prunes are a sweet snack with no added sugar. A serving of prunes counts toward your daily fruit goal.



Compared to other dried fruits, prunes are lower in naturally-occurring sugar and have a low glycemic index.



For more information, visit: www.sunsweet.com



To download this infographic, visit: sunsweet.com/healthfacts

¹ <https://www.bones.nih.gov/health-info/bone/osteoporosis/bone-mass>

² <https://www.panoramaortho.com/wp-content/uploads/2017/05/Peak-Bone-Mass.pdf>

³ <https://www.bones.nih.gov/health-info/bone/osteoporosis/men>

⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4574579/>

⁵ <https://obgyn.onlinelibrary.wiley.com/doi/pdf/10.1111/tog.12179>

⁶ https://www.ucsfhealth.org/education/increasing_fiber_intake/

⁷ Arjmandi, et al. Nutrients. Bone-Protective Effects of Dried Plum in Postmenopausal Women: Efficacy and Possible Mechanisms. 2017, 9, 496; doi:10.3390/nu9050496.