

# Better Your Bones on World Osteoporosis Day



World Osteoporosis Day, on October 20th every year, is a day to take notice of ways to prevent osteoporosis, which affects **1 in 3 women** and **1 in 5 men** over the age of 50. Healthy eating choices along with physical activity can help prevent osteoporosis. Below are a few tips for ways to build stronger bones now and throughout one's lifetime.



## A Healthy Diet

Eat a well-balanced diet of fruits and vegetables providing micronutrients which are required in trace amounts for normal growth and development. Calcium, vitamin D, potassium, magnesium and vitamin K are vitamins and minerals that play a key role in bone health. Foods that contain these key nutrients are leafy green vegetables, milk, cheese, yogurt, nuts and dried fruits such as prunes.

### Prunes Can Help Build Better Bones

Eating prunes may help to prevent bone loss from osteoporosis, especially in postmenopausal women.

Research has shown that eating **10-12 prunes per day**



was associated with improved bone mineral density. More recently, research has shown that half of that amount – **just 5-6 prunes per day** helps prevent bone loss as well.

### Why Prunes? Potassium, magnesium and vitamin K



play a key role in bone health. And they're all found in prunes!



## Physical Activity



Exercise enhances the benefits of bone-healthy nutrition.

Engage in **regular, weight bearing and muscle-strengthening** exercise to maintain strong bones and muscles.



3-5x

Perform weight bearing exercises **30 minutes, 3-5 days per week.**



Target the major muscles around the **hip and spine** at least 2 days per week.

#### References:

Metti D, et al. Effects of low dose dried plum (50g) on bone mineral density and bone biomarkers in older postmenopausal women.  
Hooshmand S, Chai SC, Saadat RL, et al. (2011) Comparative effects of dried plum and dried apple on bone in postmenopausal women. *Br J Nutr* 106, 923-930.  
International Osteoporosis Foundation. Serve Up Bone Health Throughout Life. <http://www.worldosteoporosisday.org/>

WorldOsteoporosisDay  
October 20

