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.

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: