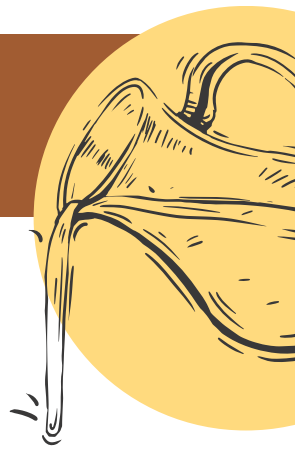
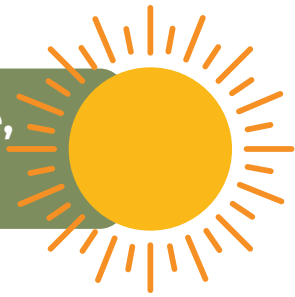


# Nutrition & Bone Health



Even when the sky is blue,  
you still need 400 IU!



## VITAMIN D

Maintaining adequate vitamin D status helps support bone health

- Adults 51 years of age or older should take a daily supplement containing **400 IU** of vitamin D

**Dietary Sources:** Fatty fish, dairy products, and fortified plant-based beverages



## CALCIUM

Calcium is an important component of bones and teeth. As we age, our bodies don't absorb foods from calcium as well.

**Sources:** Dairy products, soy products, canned seafood, fortified orange juice

Tips to maximize calcium intake:

- Pairing calcium-rich foods with a source of vitamin D or protein can enhance calcium absorption



## Key Points

- "Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue, which can lead to increased risk of fracture" (Osteoporosis Canada, 2024, n.p.)
- Osteoporosis is most prevalent in adults over the age of 50
- Adequate consumption of calcium, vitamin D, and protein can aid in the prevention of Osteoporosis

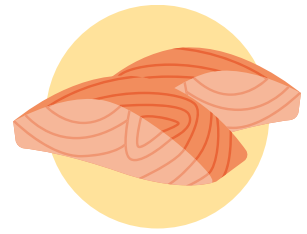




Dairy-Alternatives



Tofu



Fatty Fish



Kale



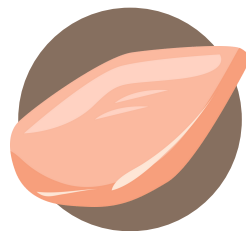
Chickpeas



Mushrooms



Milk



Chicken



Eggs



Fortified Orange  
Juice



Peanut Butter



Yogurt