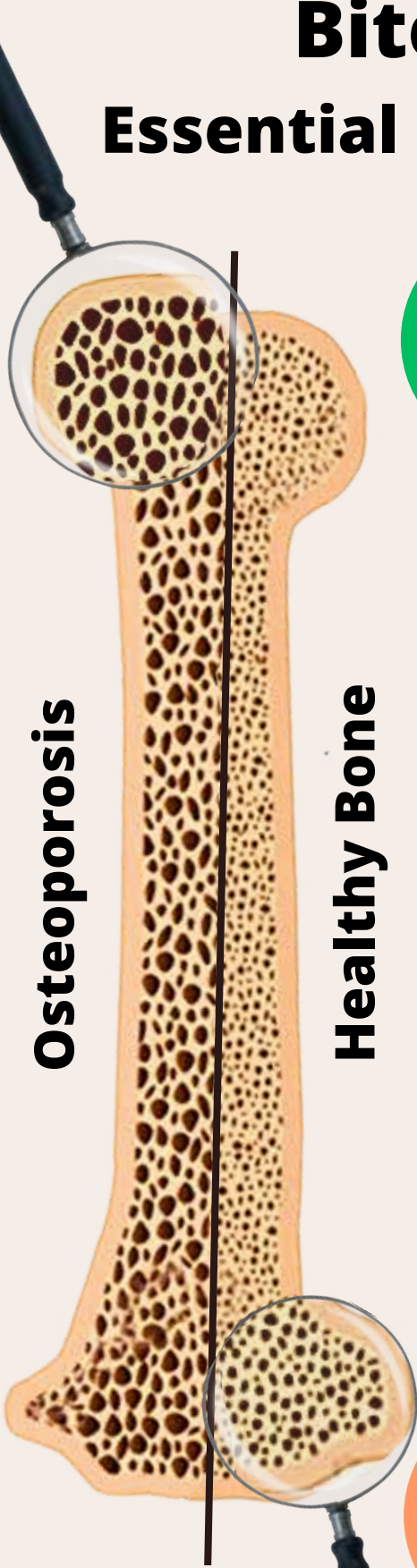


Bite into Bone Health

Essential Nutrients for Healthy Bones



Calcium

Calcium is essential for building and maintaining strong bones. Our bones act as a calcium reservoir, so if we don't get enough calcium daily, our body takes it from the bones. This can lead to weakened bones, which increases the risk of fractures.

Vitamin D

Vitamin D helps us absorb calcium into our body, which supports strong bones. It also enhances muscle function, which can improve balance and reduce the risk of falls and broken bones.

Vitamin K

Vitamin K controls how calcium is used in the body, helping it bind effectively to bones. Not getting enough vitamin K can weaken bones over time, leading to a higher risk of osteoporosis and fractures.

Magnesium

Over half of the magnesium in our body is stored in our bones. Magnesium helps our body use calcium and vitamin D, making it essential for maintaining strong bone health.

Protein

Protein supports strong muscles and helps build the framework in our bones that holds calcium. Low protein intake can cause weak muscles and fragile bones, increasing the odds of falls and fractures.

Food or Supplement?



CALCIUM

Females:
19-50: 1000mg daily
>51: 1200mg daily

Males:
19-70: 1000mg daily
>70: 1200mg daily

Eating a variety of foods can help you get enough calcium, but if you don't get enough from diet, speak to your doctor about supplements. Keep in mind, while extra calcium from food is safe, excess from supplements might be harmful.

Rich Sources -

Milk
Yogurt
Almonds
Salmon



VITAMIN D

Adults:
≤70: 600 IU (15 µg) daily
> 70: 800 IU (20 µg) daily

Vitamin D is produced when sunlight interacts with our skin, but in Canada, we don't get enough sun. The best sources of vitamin D are food and supplements. Canadians over 50 should take vitamin D supplements to meet their daily needs.

Rich Sources -

Egg
Margarine
Mushrooms
Milk



VITAMIN K

Females:
≥50: 90µg

Males:
≥50 120µg

Vitamin K is found in various plant- and animal-based foods. You generally don't need supplements to meet your daily needs, however, if you can't get enough vitamin K from diet alone, consult your doctor about other options.

Rich Sources -

Spinach
Kale
Broccoli
Egg



MAGNESIUM

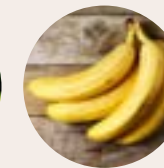
Females:
≥ 50: 320mg daily

Males:
≥50: 420mg daily

You can get enough magnesium from diet alone as it exists in various foods, especially plant-based sources. However, if your dietary intake doesn't cover your needs, consider talking to your doctor about possible supplements.

Rich Sources -

Nuts
Soy Milk
Avocado
Banana



PROTEIN

Adults:
0.8g protein/ kg body weight (This is the minimum amount and it is suggested that older adults consume 1-1.2 g protein/kg body weight)

Protein is available in animal and plant sources, but limited vegetarian options provide all the different kinds of protein building blocks your body needs. Make sure to include various protein foods in your diet to meet your body's needs.

Rich Sources -

Chicken
Fish
White Beans
Egg

