Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at http://www.albertahealthservices.ca/9966.asp

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How to help your bones stay healthy

In Canada, November is Osteoporosis Awareness Month. Osteoporosis is when bones become weak. Weak bones break more easily. Nutrition is an important part of bone health. These are some nutrients and foods that help keep bones strong.

It is important that we eat enough calcium because most of the body's calcium is stored in bones. You can find calcium in foods like:

• Milk and other dairy products like cheese or yogurt
• Fortified plant beverages like soy or almond beverages
• Vegetables like turnip greens, spinach, and broccoli

Some people do not get enough calcium from food. If you do not eat enough calcium foods, you may need a calcium supplement.

Vitamin D helps to build strong bones by helping the body to absorb calcium and can increase bone strength. We make vitamin D in our skin from sunlight. Alberta Health Services recommends Albertans take a Vitamin D supplement every day. Here are food sources of vitamin D:
• Salmon, tuna, sardines, fortified dairy products, and eggs. (The amount of vitamin D in these foods varies.)

Protein is another nutrient that helps keep bones strong. Getting enough protein helps to build and repair your bones. It can help you keep or build muscle, which is good for bone health. These are some ways to get more protein in your diet:

• Include a protein food at each meal

- Add beans or legumes to salads
- Add cheese to dishes like soups or salads
- Add nuts or hemp seed hearts to yogurt or cereals
- Add chicken or beef to a soup or salad

To learn more about even more about nutrition for bone health visit ahs.ca/nutrition and search [Healthy Bones](#).