

What foods will keep my bones strong and healthy?



Our bones need certain nutrients to stay strong and healthy. Nutrients are the healthy parts of foods.

Use this list to learn what foods you should eat to keep your bones strong and healthy.

Food	Nutrient
Dairy foods: <ul style="list-style-type: none"> Low-fat and non-fat milk, yogurt and cheese 	<ul style="list-style-type: none"> Calcium Some dairy foods have Vitamin D
Fish: <ul style="list-style-type: none"> Canned sardines and salmon (with bones) Fresh sardines, salmon, mackerel, and tuna 	<ul style="list-style-type: none"> Calcium Vitamin D
Fruits and Vegetables: <ul style="list-style-type: none"> Collard greens, turnip greens, kale, okra, Chinese cabbage, dandelion greens, mustard greens, and broccoli 	<ul style="list-style-type: none"> Calcium
<ul style="list-style-type: none"> Spinach, beet greens, okra, tomato, artichokes, plantains, potatoes, sweet potatoes, collard greens and raisins 	<ul style="list-style-type: none"> Magnesium
<ul style="list-style-type: none"> Tomato, raisins, potatoes, spinach, sweet potatoes, papaya, oranges, orange juice, bananas, plantains and prunes 	<ul style="list-style-type: none"> Potassium
<ul style="list-style-type: none"> Red peppers, green peppers, oranges, grapefruits, broccoli, strawberries, brussels sprouts, papaya and pineapples 	<ul style="list-style-type: none"> Vitamin C
<ul style="list-style-type: none"> Dark green leafy vegetables such as kale, collard greens, spinach, mustard greens, turnip greens and brussels sprouts 	<ul style="list-style-type: none"> Vitamin K
Fortified Foods (foods that have added nutrients): <ul style="list-style-type: none"> Calcium and vitamin D are sometimes added to juices, breakfast foods, soy milk, almond milk, rice milk, cereals, snacks, and breads 	<ul style="list-style-type: none"> Calcium Vitamin D
Nuts and Seeds: <ul style="list-style-type: none"> Almonds and sesame seeds 	<ul style="list-style-type: none"> Calcium

How do I keep my bones healthy?

- Limit how much salt, alcohol, caffeine, and protein foods (meat and eggs) you have. Too much of these things can weaken your bones.
- Stay active by lifting weights. Lifting weights makes your bones stronger.
- Each day, spend time outside in the sun. You will get Vitamin D from the sun. Vitamin D is great for bone health.
- If dairy foods like milk and cheese don't make you feel well, don't worry. You can eat or drink foods that are high in calcium or foods that have added calcium to keep your bones healthy.

