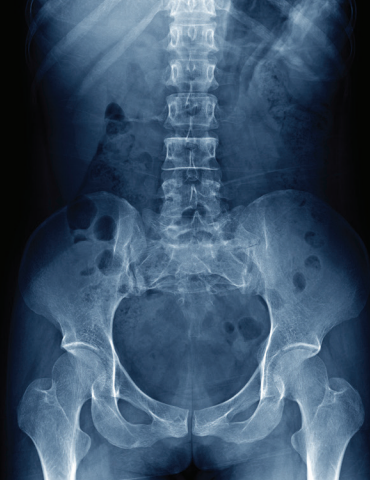


# Nutrition for BONE HEALTH

Understanding the vitamins and minerals that support healthy bones



## Benefits of Vitamins & Minerals for Bone Health

Vit A,  
B, C, D, & K  
Calcium  
Fluoride  
Magnesium  
Phosphorus

### Bone Strength

Proper nutrition helps bones grow and stay strong as a person ages.

Calcium  
Magnesium  
Potassium  
Sodium

### Electrolyte Balance

Bones store minerals needed for proper cellular function.

Vit A, B, C, & D  
Calcium  
Fluoride  
Phosphorus

### Oral Health

Strong bones mean better tooth and oral health.

Vitamins C & E  
Selenium  
Zinc

### Antioxidants

Micronutrients protect bones from oxidative damage.

Vitamins  
C, D, & E  
Zinc  
Omega-3s

### Anti-inflammatory

Micronutrients help reduce inflammation in cells.

Vit A, B, C, & D  
Calcium  
Magnesium  
Phosphorus

### Muscle Support

Micronutrients help with proper muscle function.

### BONE HEALTH REFERS TO:

- Strong Bones
- Protection for the Body
- Support for Body Movement
- Mineral Storage
- Production of Blood and Immune Cells
- Bone Growth and Rebuilding

### OTHER INFLUENCES ON BONE HEALTH:

- Weight-bearing Physical Activity
- Strength Training
- Sunlight
- Certain Medications
- Alcohol Consumption
- Smoking



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# TOP 10 FOODS FOR BONE HEALTH



## 1. Almonds

- Calcium
- Magnesium
- Phosphorus
- Potassium



## 2. Dried Figs

- Vitamin K
- Calcium
- Magnesium
- Phosphorus



## 3. Kale

- Vitamins A & C
- Calcium
- Magnesium
- Phosphorus
- Potassium



## 4. Sweet Potatoes

- Vitamins A & C
- Potassium



## 5. Sardines

- B Vitamins
- Vitamin D
- Calcium
- Magnesium
- Phosphorus
- Potassium
- Omega-3 Fatty Acids



## 6. Yogurt

- Vitamin D
- Calcium
- Phosphorus
- Potassium



## 7. Avocados

- B Vitamins
- Vitamins C & K
- Magnesium
- Phosphorus
- Potassium



## 8. Eggs

- Vitamins A, B<sub>12</sub>, & D
- Phosphorus



## 9. Chicken

- Vitamin K
- Phosphorus
- Potassium



## 10. Broccoli

- Vitamins C & K
- Phosphorus
- Potassium

### A Daily Multivitamin



The Linus Pauling Institute recommends that all adults take a daily multivitamin to supplement a healthy diet.

This is especially important for adults over the age of 50.



### How does nutrition influence health?

For more information on this and other health topics, check out the Top 10 Project online:

[lpi.pub/Top10Project](http://lpi.pub/Top10Project)

[lpi.oregonstate.edu/mic/health-disease/bone-health-in-brief](http://lpi.oregonstate.edu/mic/health-disease/bone-health-in-brief)



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