

5 Ways to Improve Bone Health

Our bones serve as our body's structure and support system, so they are very important to keep healthy and strong. When bones become weak and brittle, the risk of falling, as well as developing osteoporosis, increases. Bone health is no longer a problem just affecting older people, but is something people of all ages should pay attention to. There are plenty of things we can do in our youth and adult years that can protect our bone health.

1. Calcium



Most people think Calcium when they think of bones. Calcium is important for bone and teeth health among many other functions. Sources of calcium include yogurt, cheese, and milk. Non-dairy sources include spinach, collard greens, okra, bok choy, white beans, canned salmon, sardines, almonds, and oranges.

2. Vitamin D & Vitamin K



Don't stop at calcium! Vitamin D helps the body absorb calcium and vitamin K reduces calcium loss and helps make proteins for bones. The body can make vitamin D after exposing the skin to sunlight, but is also found naturally in shrimp, sardines, egg yolks, and tuna. Vitamin K is found in broccoli, Swiss chard, and spinach.

3. Physical Activity



Exercise helps keep bones strong, specifically weight-bearing exercises such as jogging, walking, jump roping, stair climbing, hiking, dancing, and skiing.

4. Decrease Caffeine & Alcohol



Caffeine doesn't need to be cut out completely, but too much caffeine can decrease calcium absorption. Caffeine may also decrease vitamin D function. Decrease caffeinated beverages such as coffee, some teas, energy drinks and soda. Similarly, high amounts of alcohol can decrease vitamin D absorption.



5. Stop Smoking

There are many reasons to quit smoking and bone health is another one. Smoking can interfere with calcium absorption. Seek a doctor to find ways that help decrease withdrawals.

Massaged Kale, Strawberry, and Feta Salad

- 6 cups kale, stems and ribs removed
- 3 cups strawberries, sliced
- 1 cup carrots, shredded
- 1 cup white beans, low sodium, drained, rinsed
- 2 tbsp feta, crumbled
- ½ cup olive oil
- ¼ cup lemon juice
- 2 cloves garlic, minced
- 1 tsp honey
- 1/8 tsp salt
- black pepper, ground, to taste
- 2 tbsp almonds, slivered



Instructions

1. Gather all ingredients and equipment.
2. Remove the fibrous ribs from the kale and rub the leaves together until they become tender and darkened slightly.
3. Toss the strawberries, carrot, beans, and feta with the kale and set aside.
4. In a small container with a lid (such as a jar), combine olive oil, lemon juice, garlic, honey, salt, and black pepper. Shake well to combine.
5. Toss salad with dressing just before serving.

Nutrition Facts

Serving Size: 1 1/2 cup (140g)	
Servings 8	
Amount Per Serving	
Calories 260	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 11g	
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrates 13g	4%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 4g	
Vitamin A	50%
Vitamin C	90%
Calcium	10%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.

