



Nutrition Times

South Zone Healthy Eating Newsletter

Foods to Support Bone Health



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Did you know that 90% of bone mass is built during childhood and adolescence? Even though a large portion of bone mass is formed before the age of 30 years, bone health continues to be important throughout life. Nutrition is one key component for building and maintaining healthy bones. Here are some tips to keep bones healthy and strong at any age.

Essential Nutrients for Bone Health

Calcium: This mineral is vital for bone strength and structure. Sources include dairy products (milk, cheese, yogurt), leafy green vegetables (kale, broccoli), and fortified foods (orange juice, plant-based beverages).

Vitamin D: Helps your body absorb calcium. You can get it from fatty fish (salmon, mackerel), fortified foods, and supplements.

Vitamin K: Important for bone mineralization. Found in prunes, leafy greens like spinach, kale, collard greens, and broccoli.



Photo Credit: Freepik

Magnesium: Helps with bone formation and maintaining bone density. Sources include nuts, seeds (e.g., chia, sesame seed), whole grains, and green leafy vegetables.

Vitamin C: Essential for collagen formation, which helps maintain the structure of bones. Citrus fruits, strawberries, kiwi, and bell peppers are good sources.

Omega-3 Fatty Acids: May help reduce bone loss and inflammation. Found in fatty fish (salmon, sardines), flaxseeds, and walnuts.

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More Tips for Strong Bones

Sodium: Too much sodium can weaken your bones. Limit sodium to less than 2300 mg/day which is about one teaspoon of salt. Processed foods like canned soups, crackers, pastas, sauces, and snack foods are often high in salt. Visit [here](#) to learn more about sodium.

Caffeine: Consuming more than 400 mg of caffeine per day (about 3 cups of coffee) can also weaken your bones. Women who are of childbearing age should limit their caffeine intake to 300 mg per day. Learn more about caffeine [here](#).

Protein: Eat the right amount of protein. Protein is needed for bone health. Fill a ¼ of your plate with protein foods. This includes legumes such as beans, dry peas, lentils and peanuts, unsalted nuts and seeds and their butters, eggs, milk and dairy products including cheese and yogurt, lean meats, poultry and fish. Visit [here](#) for more information on protein.



Nutrient Calculator

Are you getting the daily required

amount of each bone

building nutrients? Check your intake by using the **Osteoporosis Canada Nutrition Calculator** here:

<https://osteoporosis.ca/nutrient-calculator/>

Bone Building Meal Ideas

Greek Yogurt Parfait: Layer Greek yogurt with fresh berries, a sprinkle of chia and/or flax seeds, and a drizzle of honey. Top with almonds for added calcium and magnesium.

Spinach and Cheese Omelet: Make an omelet with spinach, cheese, and a side of whole-grain toast. Spinach and cheese are rich in vitamin K and calcium.

Grilled Salmon Salad: Combine mixed greens, radishes, cucumber, and dill with grilled salmon. Dress with feta dressing and lemon juice. Salmon is high in vitamin D and omega-3s.



Photo Credit: Cookspiration

Quick Broccoli Quinoa Casserole: Mix cooked quinoa with steamed broccoli, cheese, and a sprinkle fresh parsley. Quinoa and broccoli provide magnesium and calcium. Add grilled chicken for extra protein.

Fruit and Nut Mix: Combine dried apricots, figs, and a mix of nuts like almonds and walnuts. Dried fruits and nuts are good sources of calcium and magnesium.

Smoothie: Blend spinach, banana, frozen strawberries, Greek yogurt, and milk. This smoothie is rich in calcium, vitamin D, and vitamin C.

Resources

For more information and ideas, visit:

1. [Healthy Bones](#)
2. [Am I Eating Well for My Bones?](#)
3. [Bone Health | Osteoporosis Canada](#)
4. [Cook With OC | Osteoporosis Canada](#)

Photo Credit: Freepik



Join a Nurse and a Dietitian to learn about osteoporosis, Thursday, April 3, 2025 9:15–11 am: [Osteoporosis and Bone Health-Alberta Healthy Living Program Calgary Zone](#)

Upcoming Events & Classes

We offer classes on a variety of nutrition topics including:

- Healthy Eating for Pregnancy
- Feeding Babies
- Mealtime Struggles (Picky Eating)
- Preventing or managing chronic disease
- Registration details [here](#).



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For a complete list of workshops that are available anywhere in the province click [here](#)

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat:	403-502-8200
Brooks:	403-501-3300
Lethbridge:	403-388-6666

For more information on this or other nutrition topics, go to healthyeatingstartshere.ca



Questions? Email us at publichealthnutrition.southzone@ahs.ca