

# Building Better Bones

## Diet

- Eat 3-4 cups of non-starchy vegetables per day.
- Eat more legumes such as lentils, split peas, kidney beans, black beans, adzuki beans, tofu, and soy milk.
- Eat a varied diet instead of the same foods meal to meal.

## Avoid The Nutritional Bandits That Cause Bone Loss

- Caffeine
- Sodas
- Cigarettes
- Excessive Sodium
- Alcohol
- Refined And Processed Foods
- Sugar

## Physical Activity

- "Use it or lose it!" is particularly true with your bones! Enjoy regular activity like gardening or housework. Walk wherever you can and add additional exercise like walking, yoga, Tai Chi, or light weights to your program. It is never too late to start building bone from exercise.
- Exercising outdoors exposes your skin to sunlight and helps your body manufacture vitamin D, which is important for bone health.

## Bone Nutrients - There's More Than Calcium

Below are some suggestions for daily dietary and supplemental intake of nutrients needed for excellent bone health. Your health care provider may modify these according to the type of supplement used and your individual needs.

<b>Calcium</b> - 500 -1500 mg	<b>Folic Acid</b> - 800 mcg	<b>Copper</b> - 2-4 mg
<b>Magnesium</b> - 300 - 600 mg	<b>B6</b> - 10-15 mg	<b>Zinc</b> - 15-30 mg
<b>Boron</b> - 3 mg	<b>B12</b> - 100 mcg	<b>Manganese</b> - 5-15 mg