

Boost Your Bone Health

Prioritizing a diet rich in essential nutrients helps support strong and healthy bones over time. Read this fact sheet to learn more about how to maintain bone health, preventing fractures, and improving mobility.

Bone Building Nutrients

Calcium: 700–1,300 mg daily (Ages 1-18 years)

- Essential for strong bones, muscles, heart & nerve function
- Low intake causes the body to pull calcium from bones
- Dietary sources are the safest and most effective option

Vitamin D: 400–600 IU daily (Ages 1-18 years)

- Helps absorb calcium & regulates minerals for bone building
- Sunlight converts skin chemicals into active vitamin D
- Get 600–2,000 IU daily through sunlight or supplements

Protein: 0.8-1.2 g/kg daily (Ages 1-18 years)

- Builds cell structure, repairs skin, muscles, and bones
- Protein forms the foundation for calcium and phosphorus in bone



Calcium Rich Foods

- Dairy: Milk, cheese, yogurt
- Veggies: Leafy greens, squash, artichoke
- Seafood: Fish & shellfish
- Plant-based: Beans, soy, nuts & seeds
- Fruits: Oranges, dried figs & blackberries



Vitamin D Rich Foods

- Fatty fish: Salmon, tuna & fish liver oils
- Animal sources: Beef liver & egg yolks
- Dairy: Cheese & fortified milk
- Fortified foods: Breakfast cereals & orange juice
- Plant-based: Certain mushrooms



Protein Rich Foods

- Ground Meat: beef, chicken, turkey
- Dairy: yogurt, milk, cottage cheese
- Eggs
- Fish: Salmon, shrimp, tuna
- Plant-based: Tofu, edamame, lentils, beans, nuts, seeds

Lifestyle Tips for Stronger Bones:

- 🥄 Feed your bones! Aim for enough calcium & vitamin D daily through food and/or supplements.
- 🏃 Move it! Walking, jogging, dancing, and stair climbing keep your bones strong and dense.



Did You Know? 90% of bone mass is built before age 18 in women and age 20 in men!