

BONE HEALTH

Plant-based ways I get in more **calcium** to help with Bone Health!

1. PRUNES!

Check out this link to see the study on prunes and osteoporosis:
<https://nutritionfacts.org/video/prunes-for-osteoporosis/>

This is also dives into so much more.

2. Almonds

Another great study: <https://nutritionfacts.org/video/almonds-for-osteoporosis/>

3. Plant-based milks (Calcium fortified if possible)

A 200ml portion of each milk alternative provides...

- Unsweetened almond milk (calcium fortified) = 240mg
- Soya milk (calcium fortified) = 240mg
- Oat milk (calcium fortified) = 240mg
- Coconut milk (calcium fortified) = 240mg

4. Tofu (Calcium fortified) & Tempeh:

A 100g serving of the following foods (on average, depending on the brand) provides...

- Tofu (calcium fortified) = 350mg
- Tempeh = 120mg



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5. Tahini everyday!

Tahini is an extremely nutritious food with a **high content** of unsaturated fats as well as protein, zinc, iron, magnesium, copper, selenium, and it is also one of the best sources of calcium.

It contains **426 mg of calcium per 100 g serving**.

6. Beans

An 80g portion of each cooked bean or pulse provides...

- Soy beans = 66mg
- Chickpeas = 38mg
- Aduki beans = 31mg
- Kidney beans = 30mg
- Black-eyed beans = 17mg
- Lentils = 17mg

7. Nuts and seeds:

A 30g portion of nuts and seeds provides...

- Sesame seeds = 201mg
- Chia seeds = 189mg
- Almonds, whole kernels = 81mg
- Brazil nuts = 51mg
- Sunflower seeds = 33mg



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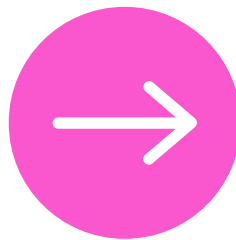
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- Walnuts = 28mg
- Pumpkin seeds = 12mg
- Pine nuts = 3mg

8. Broccoli, leafy greens

An 80g portion of each cooked green leafy veg provides...

- Kale = 185mg
- Turnip greens/tops = 79g
- Okra = 75mg
- Mustard Greens = 64mg
- Spring greens = 60mg
- Swiss Chard = 46mg
- Broccoli = 35mg
- Brussels sprouts = 21mg



EXERCISE & BONE HEALTH

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Now let's talk how **exercise** can **help with Bone Health!**

2 exercises that do not help increase bone density is, **swimming & cycling.**

The reason being is you are not having that impact on your bones.

Best Exercises to help with bone density:

- 1. Strength training and weight bearing exercises** (start small if you are just starting out)
- 2. Brisk or power walking** (Easy, casual walking is **not** going to be enough)
- 3. Jogging or running.** You can even do a walk/jog - **30 secs on, 30 secs off.**
- 4. Any Racket Sports** - Pickleball, racquet ball, tennis.
- 5. Climbing stairs or hiking.**
- 6. Jump rope**
- 7. Aerobic exercises or cardio**

