



MINDFUL SCOOP

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Meth-Wick Community

Bone Health

Building bone health when young makes a huge impact on our bones as we age. However, at any age, a healthful diet and exercise help to build bone tissue.



What should I do to keep my bones strong?

Get the right amount of Calcium

Recommended Dietary Allowance (RDA) :
1000 mg for men and women ages 19-55 and men
ages 51+, 1200 mg for Women ages 51+

Key sources of calcium include:

Dairy: Milk yogurt and cheese
Leafy greens: kale, spinach, and collards
Beans: soybeans, white beans, pinto beans
Fortified foods: orange juice and cereal

Include Vitamin D

Recommended Dietary Allowance (RDA) :
600 international units (IU) for ages 2-51+

Key sources of Vitamin D include:

Fatty Fish: salmon, cod, mackerel, tuna
Fortified dairy: cheese and milk
Egg yolks
Fortified foods: orange juice and cereal
Sun: 10-15 minutes a few times per week

Don't forget Protein:

Recommended Dietary Allowance (RDA) : 0.8 grams of protein per kilogram of body weight

Key animal sources of protein include:

Meat and poultry: beef, pork, turkey, and chicken
Eggs
Dairy: cheese, yogurt, milk
Fish: salmon, tuna, tilapia

Key vegetarian sources of protein include:

Nuts: almonds, pistachios, cashews
Grains: buckwheat quinoa
Vegetarian alternatives: tempeh, tofu, seitan
Beans, peas and seeds

Do physical activities like:

yoga, walking, dancing, tennis, weight resistance training

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