



# Tips for Healthy Bones



## Exposure to sunlight

Vitamin D is needed by the body to help it absorb calcium.



## Regular exercise

Exercise is essential for achieving peak bone mass, and maintenance of bone mass.



## Eat calcium-rich foods

This includes green vegetables (broccoli, bok choy etc), almonds, fish with bones, sesame seeds, carob, tahini, cauliflower and figs.



## Cut down on salt

High dietary salt intake may cause bone loss. Switch to sea salt instead of iodised salt.



## Watch what you drink

Soft drinks, alcohol, tea & coffee reduce the amount of calcium your body absorbs.

**Contact me if you need more information on diet lifestyle or specific supplementation recommendations**

