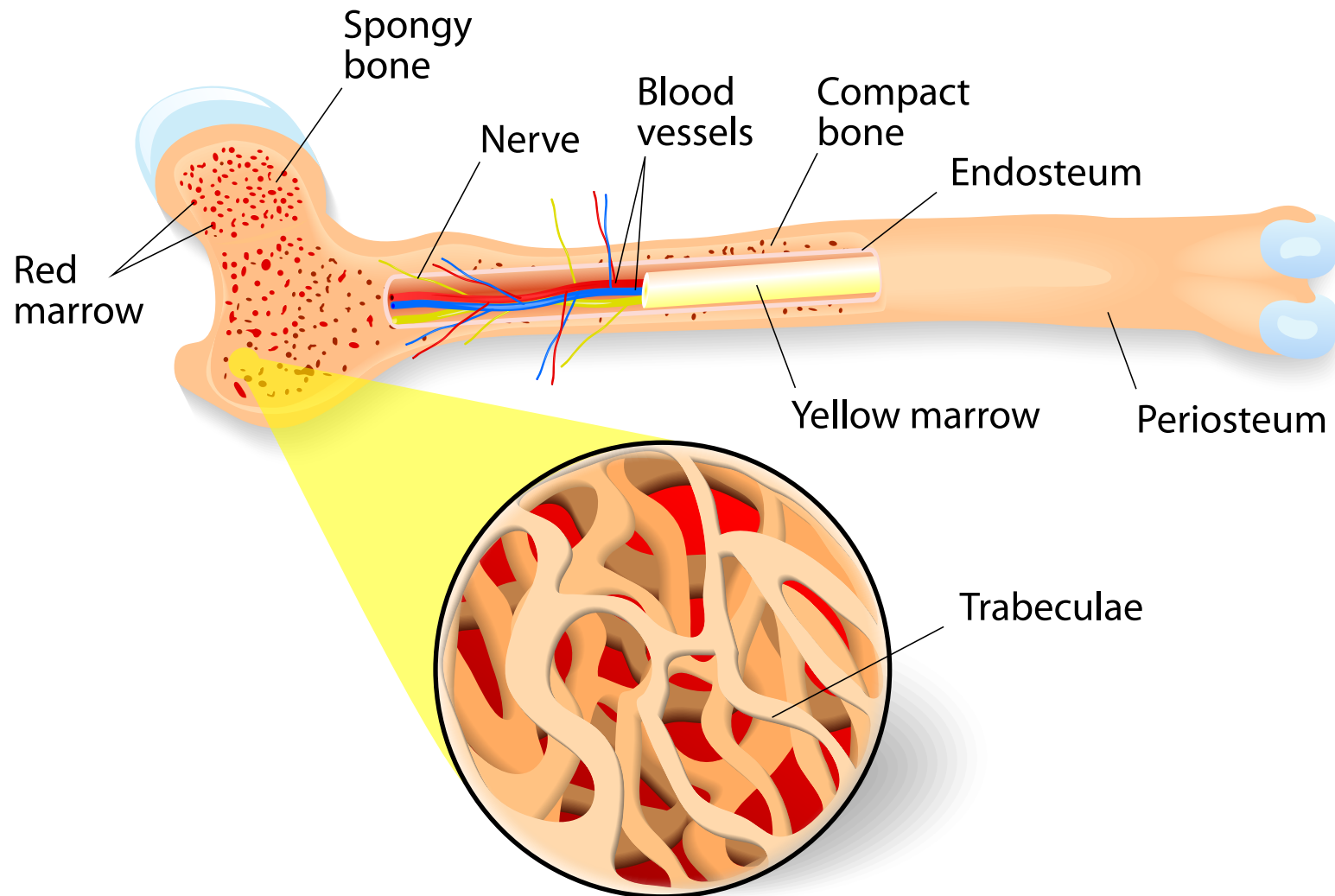




# How to Keep our Bones Strong and Healthy

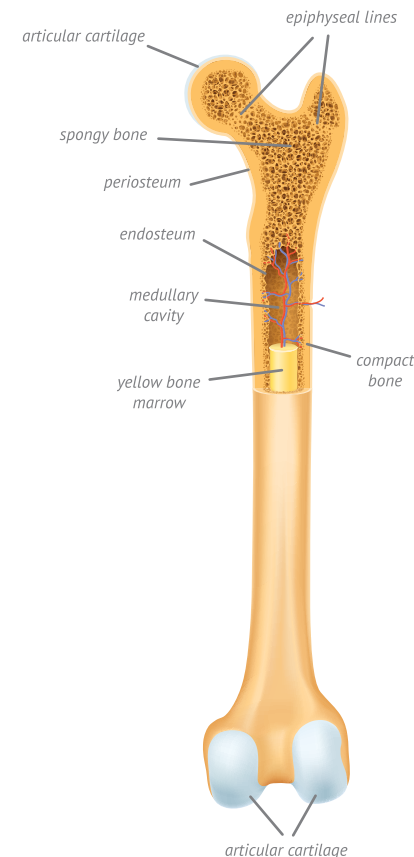
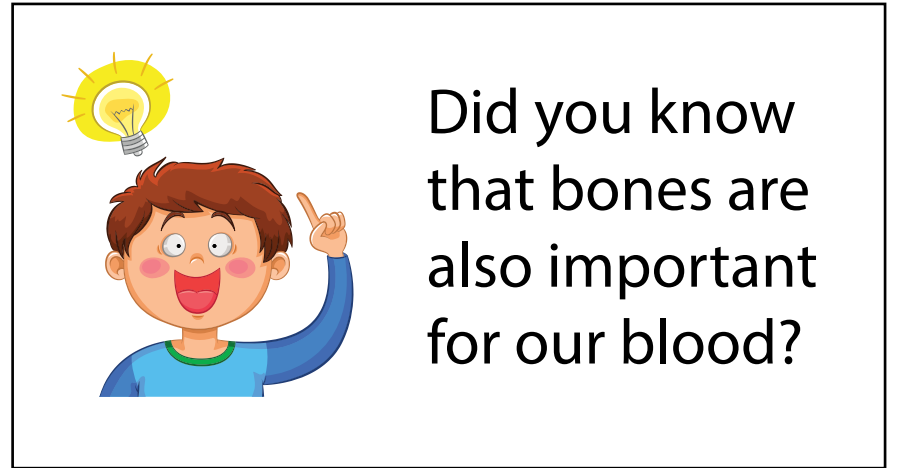
Bone is a living and growing tissue. It is made of two materials: collagen and calcium.



# Bone Marrow And Our Blood

The marrow inside our bones is where new blood cells are made.

Bone marrow makes red blood cells that carry oxygen, white blood cells that fight infections, and platelets that help blood clot.



# Bones need Calcium

Our bodies continually remove and replace calcium from our bones. If the body removes more calcium than it replaces, bones become weaker and have a greater chance of breaking.



# Calcium comes from the food that we eat.

To keep your bones strong and healthy eat healthy food, especially dairy foods, which give your bones the calcium they need.

Doctors recommend that milk, cheese and yoghurt be included in our daily diet.



# Other Sources of Calcium



Which non-dairy foods contribute calcium to the diet?



- Fish such as salmon or sardines.
- Green vegetables such as kale, bok choy, broccoli.
- Nuts such as almonds.
- White beans, soya beans, tofu.
- Dried figs, oranges.



# Vitamin D

Vitamin D is required for calcium absorption and is important for forming and maintaining strong bones.



Vitamin D can be achieved through sensible sunlight exposure. About 15 minutes in sunlight a day is enough.



# Exercise

Just like our muscles, bones get stronger when we use them.

Any type of physical activity is good for you, but weight bearing exercise is the best for bones.





Healthy bones  
make a  
healthy you!

