

Osteoporosis Prevention Foods

Colorful fruits and vegetables have vitamins and minerals needed for healthy bones.

Dark leafy greens
Winter Squash
Carrots
Sweet potatoes
Red and Green Bell Peppers
Brussels sprouts
Asparagus
Oranges
Bananas
Cantaloupe

Calcium rich foods both dairy and non-dairy help make bones strong.

Low-fat or Non-fat Yogurt
Low-fat or Non-fat Milk
Low-fat or Non-fat cheese
Tempeh
Chia Seed
Sardines
Salmon (canned with bones)
Orange juice fortified with calcium
Spinach
Miso

Magnesium- rich foods help improve bone mass.

Flaxseed
Cashews
Pinto beans
Broccoli
Lentils
Sunflower seeds
Almonds
Tofu