



Health-Full Eating & Nutrition



Nutrients Key to Bone Health

Important Nutrients

Many nutrients play a role in bone health. Some nutrients have proven benefits while others may have suspected benefits, but research is not provided to back that up. Some nutrients are required in such small amounts that people are rarely deficient. With exceptions, a balanced diet provides adequate nutrients eliminating the need to take supplements if you consume the right foods with the right nutrients. Today, we are going to discuss the nutrients that are key to our bone health and which foods to consume.

Nutrients key to bone health include Calcium, Vitamin D, and Magnesium which require special attention to ensure you meet your daily requirements. Although a variety of foods contain calcium, dairy products provide the most calcium per serving size. Vitamin D on the other hand is difficult to maintain adequate amounts of nutrients from foods, therefore, many people benefit from a supplement. Lastly, magnesium is important because it allows for proper calcium and vitamin D regulation in our bodies.

Calcium: Food Sources & Benefits

Food sources for Calcium include milk, cheese, yogurt, cereals, almond and soy milk, sardines, canned salmon, tofu, dark green vegetables (collard, kale, broccoli, bok choy, okra), seeds (poppy, sesame, chia), and almonds.

99% of Calcium in the human body is in the bones and teeth. Calcium also helps regulate muscle contraction and plays a key role in blood clotting. Calcium's role in muscle function includes maintaining the action of the heart muscle and relaxing the smooth muscle that surrounds blood vessels. There have been links between high calcium consumption and low blood pressure.

Vitamin D: Food Sources & Benefits

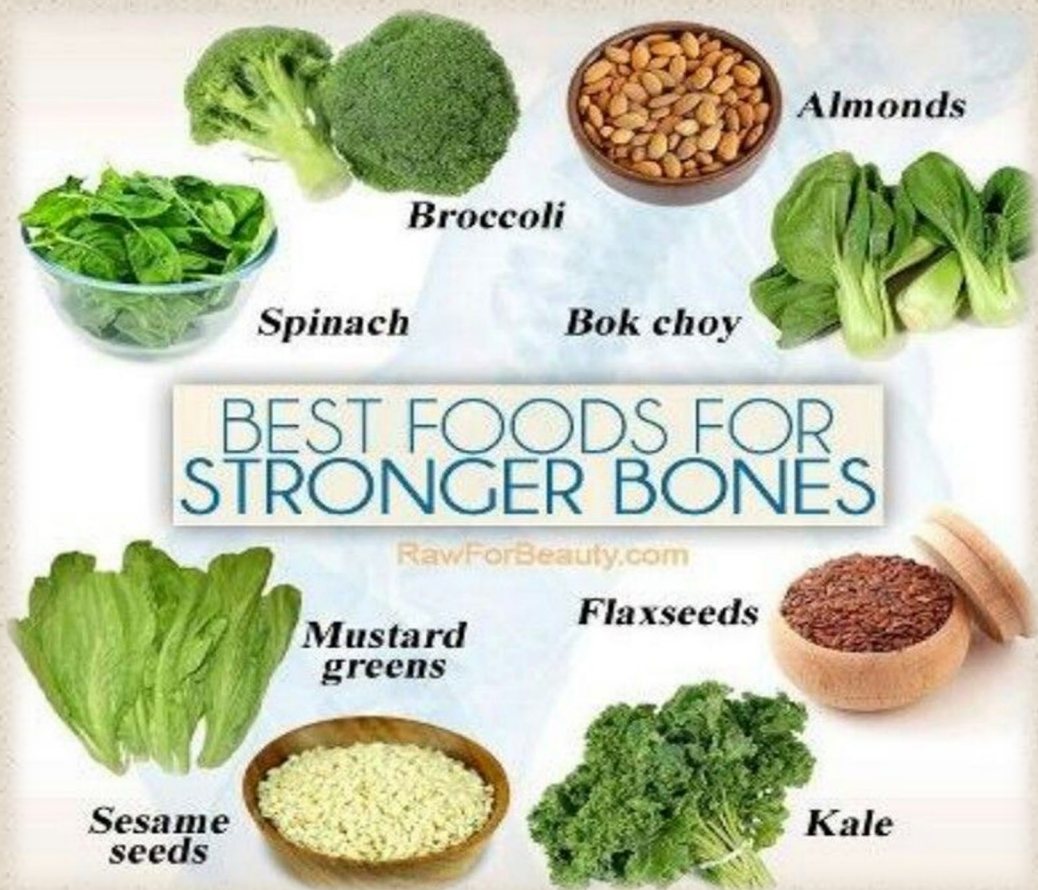
Food sources for Vitamin D include three super foods such as salmon, mackerel, and mushrooms that have been exposed to ultraviolet light to increase its Vitamin D source. Other foods that have Vitamin D include milk or yogurt, beef or calf liver, egg yolks, and cheese. Vitamin D is important in its role to help regulate the immune system and the neuromuscular system.

Magnesium: Food Sources & Benefits

Food sources for Magnesium include dark chocolate, avocados, nuts (cashews, almonds, and brazil nuts), legumes, tofu, seeds (most are high in magnesium), whole grains, fish, and bananas. If you are deficient in magnesium, your blood tends to clot and cells malfunction. Magnesium is essential for healthy bone function, and lastly, high magnesium diets are linked with a lower risk of type 2 diabetes. Each of these nutrients are essential to bone health, alongside other health benefits when consuming adequate amounts of their nutrients.

Conclusion

The nutrients we can consume in order to benefit bone health is important to comprehend. Fortunately, we do not need to consume massive amounts of each nutrient in order to fulfill our recommended daily intakes. Calcium, Vitamin D, and Magnesium each play beneficial roles in our bodies, including bone health. Building and maintaining bone health not only prevents you from developing osteoporosis, but it supports your body. Bone health provides you strength, balance, internal organ protection, and improved posture. Healthy bones can help support a long healthy life.



References

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