

Nutrient	Food Sources	Role in supporting bone health
<u>Calcium:</u>	<u>Animal-based:</u> Milk, yogurt, cheese, sardines <u>Plant-based:</u> -Dark green leafy vegetables (spinach, kale) -Calcium-fortified juices and milk alternatives	-Calcium is the main component of bone
Vitamin D -Very limited amounts found in foods	<u>Animal-based:</u> Oily fish (salmon, mackerel, sardines, pilchards, anchovies), eggs, dairy products fortified with vitamin D <u>Plant-based:</u> Breakfast cereals fortified with vitamin D <u>Other sources:</u> We create our own Vitamin D when our skin is exposed to sunlight. People who do not go outside much or who do not expose their skin to the sun need to take a supplement (a tablet or spray- see information below)	-Enhances the absorption of calcium and phosphorus in the foods and beverages we consume -Communicates with our kidneys to make sure we control healthy levels of calcium in our bodies
Vitamin K	<u>Animal-based:</u> None – although the bacteria in our colon produces vitamin K, which we then absorb and use <u>Plant-based:</u> Dark green leafy vegetables (spinach, kale, turnip greens, brussels sprouts)	-Helps to make specific proteins that build and repair bone
Phosphorus	<u>Animal-based:</u> Milk, yogurt, cheese, poultry <u>Plant-based:</u> Soy milk, tofu, lentils, black beans, nuts (particularly almonds, peanuts and peanut butter)	-One of the main components of bone (in addition to calcium)
Magnesium	<u>Animal-based:</u> Yogurt, fish (salmon, halibut), chicken breast <u>Plant-based:</u> Dark green leafy vegetables (spinach, kale), whole grains, soymilk, black beans, kidney beans, potatoes, peanut butter	-An important component of bone -Supports vitamin D to do its role in maintaining bone health
Fluoride	<u>Animal-based:</u> Fish, shellfish <u>Plant-based:</u> Pulses, lentils, whole grains, tea, tap water	-An important component of bone -Enhances the strength and health of teeth and fights the bacteria that cause tooth decay