Essential Nutrients for Bone Health



Calcium



Calcium is one of the essential nutrients to maintain bone health because our body do not make calcium on our own, and we need to get it from dietary sources or calcium supplements.

Recommended Dietary Allowance (RDA) for ages 51 or older: 1,200mg/day (women) and 1,000 to 1,200mg/day (men).

Food source: Dairy foods (milk, cheese, yogurt), Beans, Nuts, Seeds, Soy, Leafy Greens (Kale, Spinach, Broccoli), Fortified Orange Juice, Seafood.

Vitamin D



Vitamin D helps our bodies to absorb calcium. Our bodies make Vitamin D when sunlight turns a chemical in the skin into Vitamin D3.

Healthy older adults who do not have osteoporosis, should take 600 to 800 IU per day. If an older adult has osteoporosis, should take 1,500 to 2,000 IU per day.

Food source: Vitamin D Fortified Milk or Orange Juice, Vitamin D3 Supplement, Fatty Fish, Liver, Cheese.

Protein



Protein is essential for body to build and repair skin, muscles, and bones.

Food source: Dairy Products, Fish, Poultry, Legumes, Whole Grains, Nuts and Seeds, Vegetables (i.e. Broccoli, Spinach, Asparagus).

Food Rich in Both Calcium and Protein



- Canned Salmon (with the Bones) or Sardines
- Tofu
- Beans and Legumes
- Dairy Products (Cheese, Yogurt, Cottage Cheese, Milk)
- Leafy Greens (Broccoli, Kale, Spinach)
- Nuts (Almond, Almond Butter)

References:
Harvard Health Publishing. *Essential Nutrients Your Body Needs for Building Bones.* January 2022.
Healthline. *10 Natural Ways to Build Healthy Bones.* March 2023.
Harvard Health Publishing. *Surprising Foods that Boost Bone Health.* January 2023.

骨骼健康的必需營養素



Calcium (鈣)



鈣是維持骨骼健康的必需營養素之一，因為我們的身體無法自行製造鈣，我們需要從飲食來源或鈣補充劑中獲取鈣。

51 歲或以上的建議膳食攝取量 (RDA)：1,200 毫克/天（女性）和 1,000 至 1,200 毫克/天（男性）。

食物來源：乳製品（牛奶、起司、優格）、豆類、堅果、種子、大豆、綠葉蔬菜（羽衣甘藍、菠菜、綠花椰菜）、強化柳橙汁、海鮮。

維生素 D



維生素D有助於我們的身體吸收鈣質。當陽光將皮膚中的化學物質轉化為維生素 D3 時，我們的身體就會產生維生素 D。

沒有骨質疏鬆症的健康老年人每天應服用 600 至 800 IU。如果老年人患有骨質疏鬆症，每天應服用 1,500 至 2,000 IU。

食物來源：維生素 D 強化牛奶或柳橙汁、維生素 D3 補充劑、肥魚、肝臟、乳酪。

蛋白質



蛋白質對於身體建立和修復皮膚、肌肉和骨骼至關重要。

食物來源：乳製品、魚、家禽、豆類、全穀物、堅果和種子、蔬菜（即綠花椰菜、菠菜、蘆筍）。



富含鈣和蛋白質的食物

- 罐裝鮭魚（帶骨）或沙丁魚
- 豆腐
- 豆類和豆類
- 乳製品（乳酪、優格、乾酪、牛奶）
- 綠葉蔬菜（綠花椰菜、羽衣甘藍、菠菜）
- 堅果（杏仁、杏仁奶油）

參考：
哈佛健康出版社。身體骨骼生長所需的必需營養素。 2022 年 1 月。
健康熱線。建構健康骨骼的 10 種自然方法。 2023 年 3 月。
哈佛健康出版社。促進骨骼健康的令人驚奇的食物。 2023 年 1 月。