

CALCIUM AND BONE HEALTH

HEALTHY BONES ARE CRUCIAL
TO OUR WELLBEING AS
WE AGE – AND CALCIUM
PLAYS A KEY ROLE



CALCIUM IS AN ESSENTIAL MINERAL THAT SUPPORTS AND PROMOTES HEALTHY BONES AND TEETH.

Your skeletal system contains 99% of your body's calcium. A diet lacking in calcium can lead to health issues such as osteoporosis, when the bones become brittle and often break or fracture after a fall, or osteomalacia, which causes severe pain and muscle weakness when the bones become soft due to a lack of minerals.



DID YOU KNOW?

Adults reach a peak bone mass at the age of 25, meaning that the bone density or bone matrix is at its strongest point.

GOOD CALCIUM SOURCES

- Dairy products such as milk, yoghurt and cheese are great sources of calcium.
- Choosing a lower fat milk or yoghurt will provide the same level of calcium as the fuller fat versions.
- Green vegetables such as green beans, broccoli and green leafy vegetables such as cabbage and kale are also sources of calcium.
- Bread is also a good source of calcium in the UK as the flour (not wholemeal) is fortified with calcium.

VITAMIN D

Vitamin D is an essential vitamin that helps in the absorption of calcium. Good sources of vitamin D are eggs, oily fish and fortified breakfast cereals. The best source of vitamin D is from the sun whereby the vitamin D is formed under the skin.

KNOW
YOUR
FOOD