

BONE AND MUSCLE HEALTH

THE NUTRIENTS YOU NEED FOR STRONG BONES AND MUSCLES

BONES

CALCIUM

99% of the calcium in your body is found in your bones and teeth, it's important for keeping them strong.



Sources - Milk and dairy, green leafy vegetables, nuts, milk alternatives like soya and oat milk (but check that they have added calcium), fish where you eat the bones, like sardines and pilchards.

VITAMIN D

This helps your body absorb all the calcium you eat. We get some vitamin D from being in the sun, but it's important to get it in our diets too.



Sources - Egg yolk, oily fish like salmon and sardines, liver, red meat, and foods with added vitamin D like breakfast cereal.

PHOSPHORUS

This is a mineral that's found within our bones along with calcium. It helps to keep the bones strong!

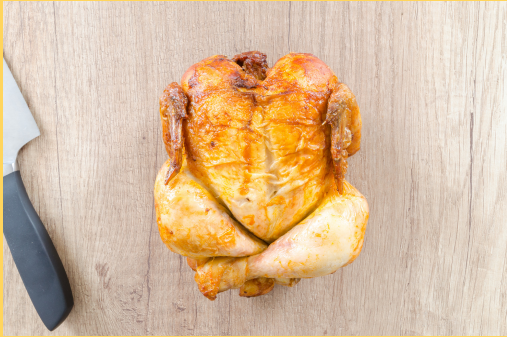


Sources - Meat, dairy, beans, lentils, nuts, and wholegrains like brown rice and bread.

MUSCLES

PROTEIN

This is important for our muscles. Protein is made of lots little building blocks called amino acids. Different sources of protein in our diet contain different amino acids, so it's important to eat a variety to to make sure your muscles get all the building blocks they need.



Sources - Meat, dairy, eggs, wholegrains, tofu, nuts, and pulses.

SALT

This mineral is important for our muscles to be able to move and is one of the nutrients found in salt. This is added to many foods and can be added at home as table salt or in soy sauce. It's important not too each much salt though as it can be bad for our hearts.



Sources - Processed foods, table salt, and soy sauce.

POTASSIUM

This mineral also helps your muscles to move. Every time you move, your muscles contract and relax, potassium is important for this.



Sources - milk, meat, wholegrains, and fresh fruits and vegetables.

MAGNESIUM, SULPHUR AND ZINC

These nutrients are important to help your muscles grow and move.

Sources - other sources that contain protein including meat, nuts, and green leafy vegetables