

### *Whole-Food Sources That Support BONE Health*

<b>Calcium</b>	Dairy products (such as cow's milk and yogurt) Broccoli Collard greens Almonds Tofu	Cooked kale Spinach Sesame seeds
<b>Magnesium</b>	Dairy products Whole grains Chocolate Nuts products	Broccoli Squash Dairy
<b>Vitamin C</b>	Broccoli Bell peppers Strawberries Brussels sprouts Cabbage Kiwifruit Grapefruit	Kale Cauliflower Papaya Spinach Oranges Tomatoes
<b>Vitamin D</b>	Sun exposure Supplements	
<b>Vitamin K</b>	Broccoli Spinach Turnip greens sprouts	Cabbage Brussels
<b>Zinc</b>	Red meat Fish Legumes bread Milk	Eggs Whole grain Poultry

### *Exercises That Help Increase BONE Density*

<b>Weight-bearing exercises</b>	Running Jogging Hiking Tennis	Walking Dancing Soccer
<b>Resistance or strength-training exercises</b>	Weight-lifting Exercises with resistance bands Water aerobics	