



Nutrition for Bone Mineralization

Calcium-rich foods: Dairy (milk, yogurt, cheese), leafy greens (kale, broccoli), fortified plant milks, canned fish with bones (sardines, salmon)

Vitamin D: Helps absorb calcium. Get it from sunlight, oily fish (salmon, mackerel), egg yolks, and fortified cereals

Magnesium & Zinc: Found in nuts, seeds, legumes, whole grains, essential for bone formation and mineral binding

Vitamin K2: Helps calcium bind to bones. Found in fermented foods like sauerkraut, and certain cheeses

Protein: Supports bone matrix. Include lean meats, legumes, tofu, and dairy



Exercise That Stimulates Bone Growth



Weight-bearing activities: Walking, dancing, stair climbing, resistance training

Strength training: Squats, lunges, push-ups, and resistance bands help stimulate bone density in targeted areas

Balance & coordination: Tai chi, yoga, and Pilates reduce fall risk and improve joint stability

Lifestyle & Supplement Tips

Sun exposure: 10–30 minutes several times a week helps produce vitamin D naturally

Limit alcohol & smoking: Both reduce bone mineral density over time

Avoid very low-calorie diets: They can lead to bone loss

Consider supplements: If dietary intake is insufficient, calcium and vitamin D supplements may help, but consult a healthcare provider first