Is continuous bone loss an inevitable outcome of aging? What can you do to reduce your risk of fractures and bone loss? Although calcium is important for good bone health, bones need more than calcium. Sunlight, Vitamin D, exercise, and a diet rich in fruits and vegetables are necessary for strong bones. A host of nutrients—Vitamin C, Vitamin K, potassium, and magnesium—found abundantly in fruits, vegetables, and other plant foods, have been shown to promote bone health. Also, what’s good for the bones is good for the heart. Bone health mirrors cardiovascular health. Explore the lifestyle you need to build strong bones for life.

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