



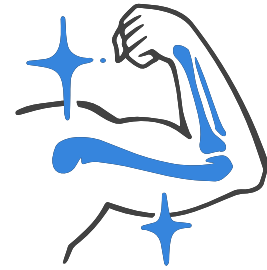
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Build strong bones every day

Strong bones are important for your health at every stage of life. What you eat each day plays a key role in keeping your bones healthy and preventing future problems such as fractures or osteoporosis. The good news is that small, simple choices can make a big difference over time.

Calcium is one of the most important nutrients for your bones. It helps build and maintain bone strength. Good sources of calcium include milk, yogurt, cheese, and fortified plant-based drinks (such as oat, soy, cashew or almond drinks). You can also find calcium in foods like tofu, almonds, and green vegetables such as broccoli and kale.



Osteoporosis Canada recommends the following daily amounts of calcium for adults:

- Women aged 19 to 50: 1000 mg per day
- Women aged 51 and older: 1200 mg per day
- Men aged 19 to 70: 1000 mg per day
- Men aged 71 and older: 1200 mg per day

Vitamin D is just as important because it helps your body absorb calcium properly. Without enough vitamin D, your body cannot use calcium effectively. You can get vitamin D from sunlight exposure, as well as from foods like fatty fish, eggs, and fortified products. In Canada, many people may not get enough vitamin D, especially during the winter months.

Protein also supports strong bones by helping maintain bone structure and muscle strength. Including foods such as beans, lentils, nuts, eggs, fish, or lean meats in your meals can support your overall bone health. At the same time, try to limit salt, alcohol, and sugary drinks, as these can weaken bones over time when consumed in excess.

Regular physical activity is also important. Weight-bearing activities such as walking, dancing, climbing stairs, low-impact aerobics and strength exercises can also help keep your bones strong.

Healthy habits do not need to be complicated. Adding one calcium-rich food to your meals, choosing water over sugary drinks, or spending a bit of time outdoors can all support your bone health. Over time, these small steps can lead to stronger bones and better overall health.

Take one simple step today to support your bone health and build stronger bones for the future.



For more information, visit:

- Osteoporosis Canada – [Calcium](#)
- Government of Canada – [Calcium](#)