







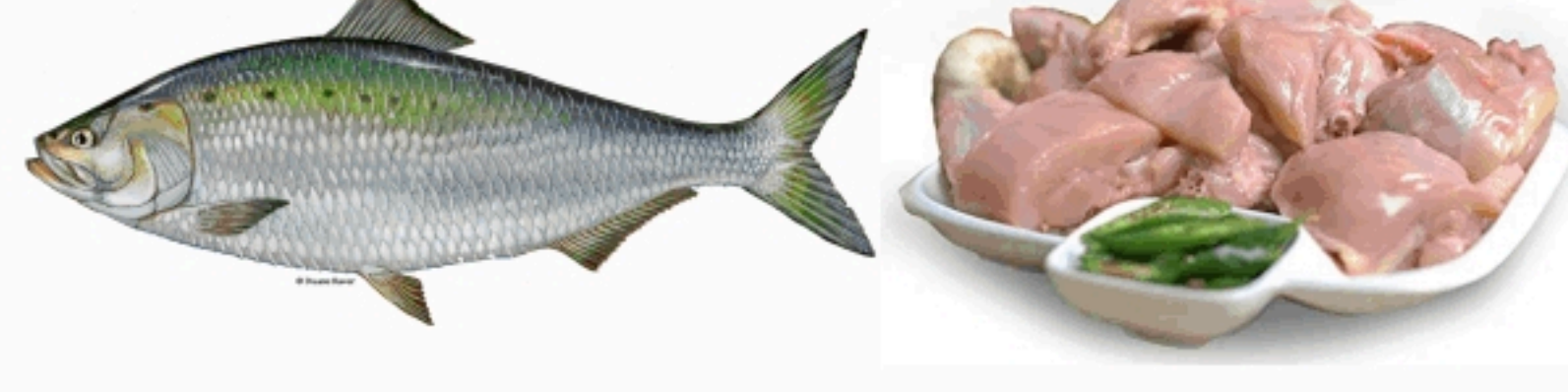




# DIET CHART FOR HEALTHY BONE & JOINT

Food Source		Nutrients	Role in Bone & Joint health
Veg Source	Non veg Source		
Milk, Cheese, Yogurt, Dark leafy vegetables 	Chicken, Hard boiled egg 	Calcium, Phosphorous	Important component of Bone, making tissue rigid, strong and flexible
Mushrooms, Milk, Soya 	Cod liver oil, Egg yolk, 	Vitamin D	Promotes calcium absorption, bone remodelling -helps in fracture healing
Spinach, Almonds, 	—	Magnesium	Structural development of bones - improves gait and posture
Beans, Roasted Pumpkin seeds 	Shellfish, Chicken, 	Zinc	Normal skeletal growth - improves bone density and reduces fracture risks
Milk, Yoghurt 	Fish, Chicken 	Vitamin B12	Lowers risk of osteoporosis and hip fracture
Citrus Juice (Orange, lemon, grapefruit), Capsicum 	—	Vitamin C	Production of collagen in bone matrix - improves bone strength and structure
Spinach, Broccoli, Soyabean 	—	Vitamin K	Improves bone health and reduces fracture risk



**DR. MOHAMED SAMEER .M**

Orthopaedic Surgeon  
ASHOK NAGAR, CHENNAI



National Institutes of Health, Office of Dietary supplements