| | | | | |
|---|---|---|---|---|
| Salmon | Apricot | Tofu | Orange | Soy Beans |
| Almonds | Sesame Seeds | Broccoli | Eggs | Mushrooms |
| Bok Choy | Chick Peas | **CALCIUM VITAMIN D PROTEIN VITAMIN K** RICH FOODS | Cress | Mozzarella |
| Kale | Prunes | Natural Yoghurt | Sardines with Bones | Fortified Vegetal Drink |
| Dried Figs | White Beans | Hard Cheeses | Skimmed Milk | Feta Cheese |
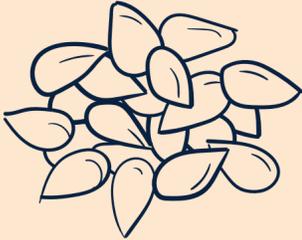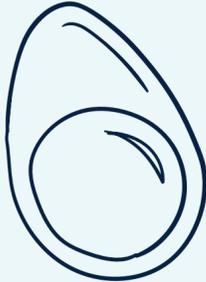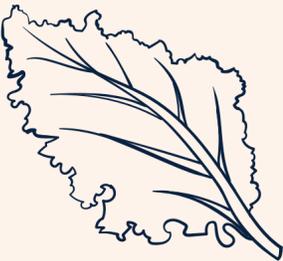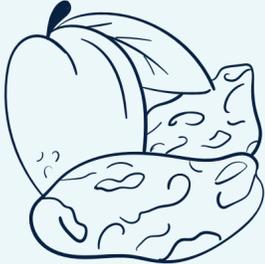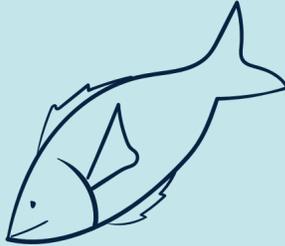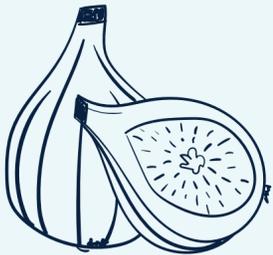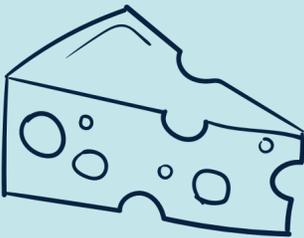
# STEP UP for BONE HEALTH

## A balanced, bone-healthy meal plan is a step towards osteoporosis prevention.

Add calcium, protein, vitamin D, and other bone-healthy nutrients to your daily diet!

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