



CALCIUM

Ca⁺

PROTEIN

OTHER VITAMINS

VITAMIN D

D⁺

ENOUGH CALORIES

kcal

LIMITED AMOUNT

OTHER MINERALS

BUILD BETTER BONES

Together with exercise, a bone-healthy diet sets the foundation for stronger bones and osteoporosis prevention at all ages

#WORLDOSTEOPOROSISDAY



WorldOsteoporosisDay
October 20

Scan the QR code
and visit the platform
www.buildbetterbones.org

