BUILDING STRONG MUSCLES AND BONES

Use these tips and tricks to stay healthy through the lifespan!

OUR MUSCLES ARE IMPORTANT!

Muscles help us move and balance while protecting our joints and bones. Eating foods packed with protein and regular physical activity are the best ways to keep our muscles strong.

SOURCES OF *Protein*

meats	legumes
poultry	beans
fish	lentil
seafood	tofu
nuts	dairy
seeds	eggs

EXAMPLES OF *Physical Activity:*









NUTRITION FOR BONE HEALTH

We want to keep our bones as strong as possible! They help protect our vital organs, help with movement, and strong bones do not break as easily. Try to include these foods with calcium and vitamin D in your everyday eating.

SOURCES OF Vitamin D

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- salmon
- sardines

tuna
 beef liver
 fortified cereals

egg yolks fortified milk

- cow's milk
- plant based milk
 fortified juice
 sunlight

SOURCES OF Calcium

leafy greens	soy products
collards, broccoli,	fortified soy milk,
cabbage, okra	tofu, soy beans
fish with bones	nuts
bones of sardines	almonds, walnuts,
or salmon	pecans
plant based milk	dairy products
fortified soy, oat,	milk, cheese, yogurt,
almond milk	cream

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