

FOODS RICH IN

BONE SUPPORTING NUTRIENTS



FITFORFILMS

INSPIRE | EDUCATE | SUPPORT

| Magnesium Rich Foods | Zinc Rich Foods | Chromium Rich Foods | Calcium Rich Foods | Vitamin D Foods | Vitamin K Rich Foods |
|--|--|---|--|---|---|
| Spinach Broccoli Almonds Cashews Halibut Pumpkin, sesame, flax and sunflower seeds Kale Celery Green Beans Cucumber | Oysters Spinach Beef Lamb Asparagus Venison Sea Vegetables Pumpkin Seeds Broccoli Sesame seeds | Romaine Lettuce Onions Tomatoes | Spinach Yoghurt Butter Kale Mozzarella Celery Broccoli Cabbage Asparagus | Wild Salmon Sardines Cod Eggs * Get out in the sun | Dark leafy veggies Green Tea Asparagus Green Peas Natto |
| Vitamin A Rich Foods | Vitamin C Rich Foods | Potassium Rich Foods | Silica Rich Foods | Phosphorus Rich Foods | Other Great foods for bone health |
| Sweet potato Carrots Butternut squash Green leafy veg Dairy Meat Poultry | Papaya Peppers Strawberries Oranges Pineapple Kiwi fruit Brussels sprouts Broccoli Cauliflower Potatoes | Bananas Coconut water Cantaloupe Honeydew melon Mango Papaya Avocado's Root vegetables Leafy greens Mushrooms Apple cider vinegar | Leeks Green beans Banana, Strawberries Cucumber Mango Celery Asparagus Rhubarb | Sardines Dairy foods Almonds Cashew nuts Brazil nuts Chicken Beef Garlic Eggs | Bone Broths Mineral Water Turmeric Ginger |