

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*

fish

- 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

collards, broccoli,
cabbage, okra

fish with bones

bones of sardines
or salmon

plant based milk

fortified soy, oat,
almond milk

soy products

fortified soy milk,
tofu, soy beans

nuts

almonds, walnuts,
pecans

dairy products

milk, cheese, yogurt,
cream