

COMBAT OSTEOPENIA

Build stronger bones now • Reduce the risk of osteoporosis later

WHAT TO EAT

CALCIUM — Build strong bones

Milk, curd,
buttermilk
Ragi
Sesame seeds
Almonds
Paneer
occasionally
Green leafy
vegetables

VITAMIN D — Helps absorb calcium

15–20 min
sunlight when
possible
Egg yolk
Fish
Fortified milk/
foods

PROTEIN — Supports bone & muscle

Dal, rajma,
chole, lobia
Soy/tofu
Eggs
Fish/chicken
Curd & milk
Nuts & seeds

MAGNESIUM + OTHER MINERALS

Whole grains &
millets
Nuts and seeds
Beans & pulses
Green leafy
vegetables
Bananas

VITAMIN C + K — Support bone health

Guava, orange,
amla
Tomato,
capsicum
Broccoli & leafy
greens
Seasonal fruits

AVOID – SMOKING , EXCESS ALCOHOL

**LIMIT - SALTY PROCESSED FOODS ,SUGARY SOFT DRINKS, EXCESS
CAFFEINE**

CHOOSE BALANCED MEALS RATHER THAN RESTRICTIVE DIETS

STAY ACTIVE

Walking / brisk walking ,Strength training 2–3 times/week ,Balance &
flexibility Yoga, tai chi
Stairs / other weight-bearing activity ,Start gradually and stay
consistent.

Bone health basics: Eat well • Get enough calcium & vitamin D • Strengthen muscles • Stay active • Avoid smoking

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What is osteopenia?

Lower-than-normal bone density — an early warning sign.