



Nutrition for Building Bones

“Osteoporosis has been called a paediatric disease with geriatric consequences”

This widely used phrase shows us just how influential early childhood is for laying down strong skeletal foundations.

Food and movement habits in early childhood can influence peak bone mass.

Bone Bank

With developing a skeleton and building strong, healthy bones we can consider childhood as a time to invest in skeletal health - rather like a bone-bank.

Two Factors

There are two factors we need to invest in for a strong skeleton.

Both of these factors are influenced by early childhood. Early habits in both nutrition and movement can shape a healthy skeletal frame..

Nutrition

Early nutritional intake (coupled with movement) can really help to build a strong skeletal frame.

Keeping sugary foods at bay (or if you must include, keep to a minimum) helps to develop healthier palate development for foods which support development.

Movement

Movement is vital as physical inactivity is a leading risk factor for global mortality.

i.e. not moving around much is really bad for our overall health and can have a negative impact on peak bone mass.



Bone-Building Foods

It's not just about a glass of milk!

Aim for a colourful diet which includes dairy produce, fish, leafy greens along with a range of plant and meat based proteins.

Play & Movement

Sedentary behaviours can be established in early-childhood and be a hard pattern to break.

Very young children can have an aversion to the term exercise - try 'play' instead.

Vitamins & Minerals

The body needs Vitamin D to be able to absorb the calcium you eat. Calcium is important for bone-strength but can't work alone.

Vitamin K has a role to play - a deficiency in vitamin K in childhood could have a negative impact on peak bone mass formation.

Habits

When movement and healthy eating is the norm it becomes habitual rather than a structured event requiring effort.

