Nourish Your Bones

One in two women and up to one in four men over age 50 will break a bone in their lifetime due to osteoporosis. Bones provide structure for our bodies and protection for our organs. Bones also work with muscles and joints to facilitate movement. They are made of living tissue and need the proper nutrients to stay healthy. Regular exercise coupled with nutritious food choices can help optimize bone health throughout life. When it comes to bone health, there are many nutrients in dried plums (prunes) that help to support healthy bones.

What’s in Dried Plums?

Vitamin K helps to improve calcium balance and promotes bone mineralization. A 40g serving of dried plums (4–5 prunes; about 100 calories) is considered an excellent source of Vitamin K, which provides 30% of the 80mcg Daily Value.

Bone Maintenance

- Zinc — contributes to the bone matrix and bone synthesis
- Magnesium — helps keep bones strong; any deficiencies can alter calcium and Vitamin D status
- Manganese — protects cells within the body from oxidative damage

Bone Structure

- Phosphorus — a structural component of the bone
- Copper — provides maintenance of connective tissue

Regulation of Bone Building and Breakdown

- Boron — reduces urinary excretion of calcium and magnesium
- Polyphenols — may promote bone health by reducing mineral loss
- Potassium — links to a decreased risk of bone loss and osteoporosis

Eat a Daily Serving of Dried Plums

Previous research suggests that eating two servings (about 100g or 10 to 12 dried plums) may improve bone mineral density (BMD) and slow the rate of bone turnover in post-menopausal women. New research shows eating half that amount, just slightly more than one serving (50g or 5 to 6 dried plums) may help prevent bone loss in post-menopausal women.

About 85 to 90 percent of adult bone mass is acquired by age 18 in girls and 20 in boys. Building strong bones during childhood and adolescence can help prevent osteoporosis later in life.

Emerging research found dried plums may help to increase bone volume in both young, growing mice and also in young adult and adult mice. Abstracts and other research can be found at www.californiadriedplums.org.

California Dried Plums are The Whole Package. They are convenient, naturally sweet, a nutrient-dense snack and a versatile culinary ingredient. Enjoy them straight out of the bag, tossed in your favorite salad, or chopped on yogurt or oatmeal. Dried plums also can serve as a substitute for fats and sugar in baked goods without losing flavor.

Find how-to videos and recipes at www.californiadriedplums.org or www.eatdriedplums.com.

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5 http://www.fasebj.org/content/29/1_Supplement/778.12.abstract