

Building Strong Bones

What you should eat

1 Choose foods high in calcium



Milk, cheese, yogurt



Leafy green vegetables:
spinach, kale, chard,
broccoli



Fish with soft bones
such as canned sardines
and salmon



Calcium-fortified foods:
orange juice, cereals, soy,
rice beverages and tofu

2 Eat foods high in vitamin D



Vitamin D-fortified foods:
milk, orange juice, cereals



Salmon, tuna, fatty fish

Why your body needs these foods:

- Calcium, vitamin D, protein, and other vitamins and minerals are needed to maintain strong bones. They are especially important to help rebuild strong bones after a bone fracture, joint replacement surgery, or if you have osteoporosis

3 Add foods high in protein



Lean meat,
poultry, fish



Beans, peas, nuts



Milk, cheese,
yogurt, soy, tofu



Ensure Complete™

4 Eat foods high in vitamins and minerals

Choose fruits and vegetables in a rainbow of colors to cover more of your nutritional needs. Some examples are:



Green

Spinach, broccoli, cabbage



Yellow and orange

Carrots, peaches, cantaloupe



Red

Apples, red peppers



Blue and purple

Eggplant, blueberries



White

Bananas, garlic, cauliflower

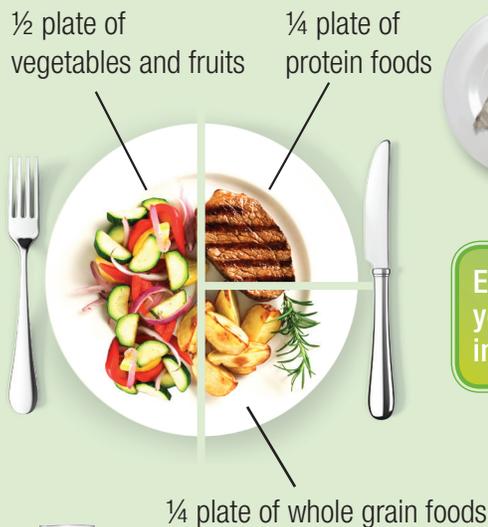
5 Drink 6 to 8 cups of water or other fluids

Make some of the drinks high in protein, calcium, and vitamin D, such as milk or Ensure Complete™



Easy tips to get the nutrients you need:

Fill up your plate with the right balance of healthy foods.



Eating only a part of your meal can result in less nutrition

It may be difficult to eat enough of the right foods when you don't feel well.



If you eat less than half of your daily meals, drink two bottles of Ensure Complete™ to help fill the nutrition needs in your diet.

1 Snack on foods high in calcium, protein, vitamins, and minerals, such as:

- Yogurt
- Cheese
- Milkshakes, smoothies, Ensure Complete™
 - The protein content of 8 fl. oz. of Ensure Complete™ is equal to 2 small eggs and 2 slices of toast or one small chicken breast and a baked potato

2 Drink 3 to 4 cups of low-fat milk each day. If you are lactose intolerant:

- Try lactose-free milk
- Drink calcium-fortified orange juice, or soy milk

3 Talk to your doctor or nurse if:

- You are losing or gaining weight. Weigh yourself once a week
- You have pain that gets worse
- Your wound or incision (if you have had surgery) becomes red and painful, begins to smell "bad" or has more drainage



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