

California Prunes for Better Bones

It's never too early—or too late—to start thinking about nutrition and exercise for healthy bones.

FOR UNDER 100 CALORIES, A SERVING OF 4 PRUNES HAS:


- 3 g fiber (11% of the Daily Value)
- 280 mg potassium (6% of the Daily Value)
- 23 mcg of vitamin K (20% of the Daily Value)
- No added sugar, cholesterol, sodium or fat
- Contains vitamins and minerals, potassium, copper, and boron, which may have bone protective qualities

RESEARCH SUGGESTS ...

Five to six prunes per day **may help prevent bone loss** in post-menopausal women.¹

90% of peak bone mass is acquired by **age 18 in girls and 20 in boys.**³

Bone injuries are among the most common sport-related injuries for children.⁴



Bone development reaches a maximum around **age 30.**⁶


1 in 2 women and up to **1 in 4 men** over 50 will break a bone due to osteoporosis.⁸



Women can lose **up to 20%** of their bone density 5-7 years after menopause.⁹

Kids/Teens

Do **60 minutes** of moderate to vigorous activity every day to maintain healthy bodies and build strong bones.⁵




20s/30s

Do **30 minutes** of weight bearing **4x /week** activities to maintain muscle mass and preserve bone strength.⁷

40s/50s

Keep moving **4-5 days** a week to maintain strength.



60s & Beyond

1 in 5 women develops osteoporosis by age 70.¹⁰

WWW.CALIFORNIAPRUNES.ORG

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2. www.ncbi.nlm.nih.gov/pubmed/27239754

3. www.niams.nih.gov/health_info/bone/osteoporosis/bone_mass.asp

4. National Institute of Arthritis and

Musculoskeletal and Skin Diseases. Childhood sports injuries and their prevention: a guide for parents with ideas for Kids. NIH Pub. 2006. 06-4821

5. www.cdc.gov/physicalactivity/basics/children/

6. orthoinfo.aaos.org/topic.cfm?topic=a00127

7. orthoinfo.org/topic.cfm?topic=A00674

8. www.nof.org/prevention/general-facts/what-women-need-to-know/

9. www.nof.org/prevention/general-facts/

10. www.iofbonehealth.org/facts-statistics