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.²

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

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

Do 30 minutes of weight bearing activities to maintain muscle mass and preserve bone strength.⁷

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

1 in 5 women develops osteoporosis by age 70.¹⁰

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7. orthoinfo.aaos.org/topic.cfm?topic=A00674
8. www.nof.org/prevention/general-facts/what-women-need-to-know/
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