

Top tips to stay healthy & avoid falls

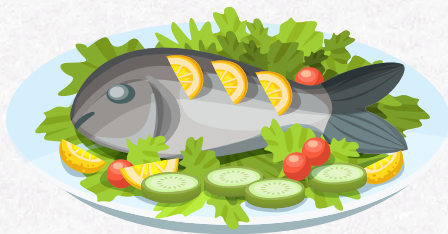


Eat & drink to keep bones strong:

If a person eats and drinks well they can reduce their risk of fracturing or breaking a bone. See our exercise information to assist in better balance, strengthening muscles and increasing mobility. Calcium helps strengthen bones. Vitamin D assists in the absorption of Calcium. Proteins help maintain muscle mass, resulting in the person less likely to have a fall.

Sources of Calcium:

Dairy products, fortified dairy alternatives such as Soya milk, canned fish (with bones), fortified breakfast cereals, and nuts such as almonds.

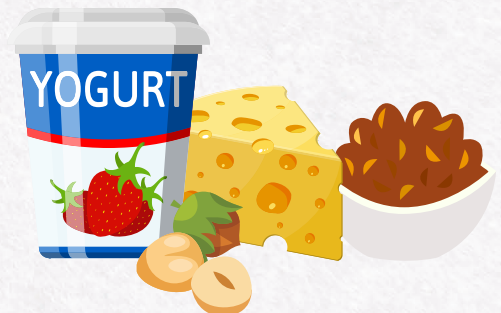


Sources of Vitamin D:

Oily fish, eggs and fortified spreads, however, it is very difficult to get enough from diet alone. All adults should consider taking a daily supplement of Vitamin D (10mcg a day) to help keep their bones strong.

Sources of Protein:

Meat/poultry, seafood, tofu, whey, nuts, seeds, legumes, cheese and yoghurt.



For further information contact Hertfordshire Independent Living Service or Referral via your GP for the Hertfordshire Community NHS Trust Nutrition and Dietetics Team.