

# California Prunes for Better Bones

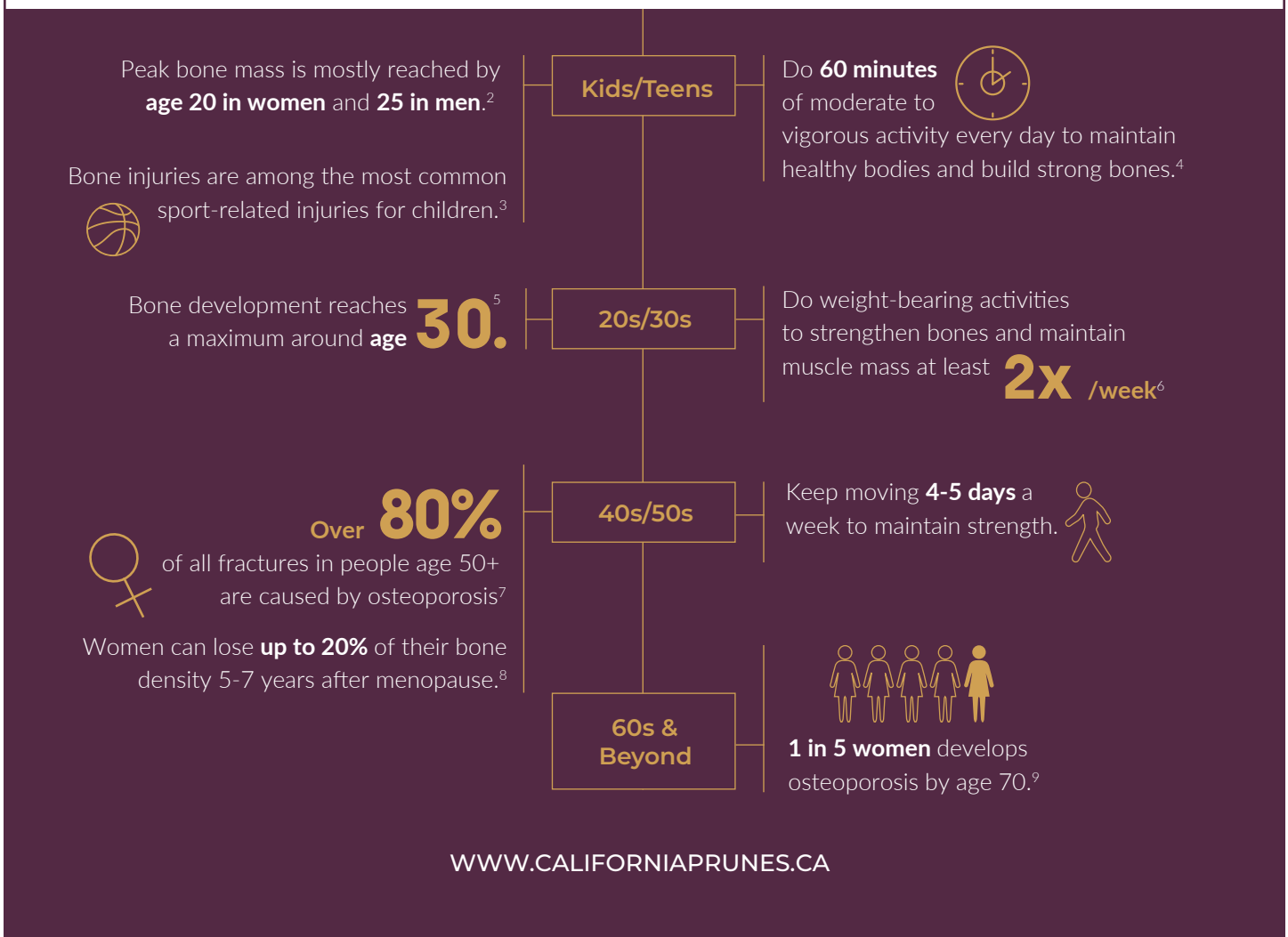
*It's never too early—or too late—to start thinking about nutrition and exercise for healthy bones.*

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

- 3 g fibre (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.<sup>1</sup>



1. [https://www.fasebj.org/content/29/1\\_Supplement/738.12\\_abstract](https://www.fasebj.org/content/29/1_Supplement/738.12_abstract)

2. <https://osteoporosis.ca/our-mission/impact-report-2018>

3. 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

4. [https://csep.ca/CMFiles/Guidelines/CSEP\\_PAGuidelines\\_0-65plus\\_en.pdf](https://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_0-65plus_en.pdf)

5. <https://orthoinfo.aaos.org/topic.cfm?topic=a00127>

6. [https://csep.ca/CMFiles/Guidelines/CSEP\\_PAGuidelines\\_0-65plus\\_en.pdf](https://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_0-65plus_en.pdf)

7. <https://osteoporosis.ca/about-the-disease/fast-facts/>

8. <https://www.nof.org/preventing-fractures/general-facts/>

9. <https://www.osteoporosis.foundation/facts-statistics>