NUTRIENTS IN PRUNES

Research suggests that eating about five prunes daily helps support bone health.[1] It's likely due to the combination of bone-building compounds that are naturally found in prunes.

A 40 g serving of prunes is a source of:

- Copper
- Manganese
- Potassium
- Vitamin B6
- Vitamin K

Nutrition Facts

Per 5 prunes (40 g)

Calories 100	% Daily Value*
Fat 0 g	0 %
Saturated 0 g + Trans 0 g	0 %
Carbohydrate 26 g	
Fibre 3 g	11 %
Sugars 15 g	15 %
Protein 1 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Potassium 300 mg	9 %
Calcium 20 mg	2 %
Iron 0.4 mg	2 %
Vitamin K 24 µg	20 %
Copper 0.11 mg	12 %
Manganese 0.125 mg	5 %

*5% or less is **a little**, 15% or more is **a lot**

Prunes also have antioxidants and boron.[2] All of these nutrients work together – with calcium and vitamin D from other foods – to improve bone mineral density and support bone health.

LAVENDER STEWED CALIFORNIA PRUNE TARTINE

THIS RECIPE IS FILLED WITH NUTRIENTS TO SUPPORT BONE HEALTH.

SERVINGS: 4
PREP AND COOK TIME: 20 MINS

INGREDIENTS:

- 15 California Prunes, halved
- ¼ cup water
- Juice of 1 lemon
- 2 tbsp honey
- ½ tsp culinary lavender
- ¼ tsp each ground cardamom and ginger
- 1 cup cottage cheese
- 4 slices brioche or challah, toasted
- Edible flowers to garnish (optional)

DIRECTIONS:

In a saucepan, combine prunes, water, lemon, honey, lavender and spices. Bring to a simmer. Cook 8-10 mins until liquid has reduced to a syrup. Remove from heat. Spread ¼ cup cottage cheese on each slice of toast. Top with prunes and syrup. Garnish with edible flowers.

PRUNES

FOR STRONG BONES

NATURE'S NUTRIENT POWERHOUSE

Packed with bone-strengthening vitamin K, manganese and antioxidants, California Prunes are an easy way to support lifelong bone health.

Visit our website at
www.californiaprunes.ca

@caprunescan

california™ prunes
Prunes. For life.

YOUR BONES ARE LIVING TISSUE

Bones are in a constant state of turnover, shedding older tissue and building new tissue. Peak bone density is reached between ages 18 and 25. Into our 30s, shedding older bone tissue continues at the previous pace, ***but bone regrowth slows down.***

This is when you begin to experience bone loss.

Left unchecked, bone loss can lead to osteoporosis, a disease with low bone mass and a higher risk of bone fractures. Over 2.3 million Canadians are living with osteoporosis.

Studies show that eating a serving of about five prunes per day may help delay bone loss, improve bone mineral density and protect against bone breakdown. This is due to the unique mix of nutrients in prunes.

Learn more:

1 SERVING = ABOUT 5 PRUNES

Proper nutrition and regular physical activity remain the best things you can do to ensure life-long bone health. Research shows that prunes can help support bone health at different ages and stages.

BONE HEALTH AT EVERY AGE

Young Women:

A study found that young women taking birth control pills are more susceptible to bone loss and suboptimal bone health as they age. Eating about five prunes per day provides a potential protective effect, especially on arm and leg bones.[3]

Women 50+:

Studies show that postmenopausal women with low bone density can prevent further bone loss by eating about five prunes daily for six months. Prunes protect bone mineral density in the leg and hip bones and possibly reduce fracture risk.[4,5,6]

Men 50+:

As testosterone production drops, so does bone density, but to a lesser extent in men compared to women. Researchers looked at the effects of prunes on bone density in men aged 50-79. Modest beneficial effects were seen for bone mineral density in the arm bones for men eating prunes daily.[7]

California Prunes for Better Bones.

[1] https://www.sciencedirect.com/science/article/pii/S2161831323000236?via%3Dihub
[2] https://pmc.ncbi.nlm.nih.gov/articles/PMC6520874/
[3] https://www.sciencedirect.com/science/article/pii/S2475299124023515
[4] https://www.sciencedirect.com/science/article/pii/S2161831323000236?via%3Dihub
[5] https://link.springer.com/article/10.1007/s00198-016-3524-8
[6] https://www.sciencedirect.com/science/article/pii/S0002916523036092?via%3Dihub
[7] https://www.mdpi.com/2072-6643/14/2/276