



The Role of Calcium-rich Foods in Enhancing Bone Density and Strength

Ren Kato*

Department of Food and Nutrition, Nagoya University, Japan

INTRODUCTION

Bone health is a critical aspect of overall wellness, yet it often receives less attention compared to other health priorities. Calcium, a mineral essential for maintaining bone density and strength, plays a pivotal role in skeletal health. This commentary explores the importance of calcium for bone health, highlights key foods that are rich in calcium, and offers practical advice on how to integrate these into your diet for optimal bone support. During childhood and adolescence, calcium is fundamental for bone growth and development. Calcium is a crucial building block of bone tissue. It contributes to bone density and strength, helping to maintain the structural integrity of the skeletal system. Adequate calcium intake is vital during childhood and adolescence, calcium is fundamental for bone growth and development.

DESCRIPTION

In adulthood, calcium helps maintain bone density and strength, reducing the risk of osteoporosis and fractures. Insufficient calcium can lead to decreased bone density, increasing susceptibility to osteoporosis, a condition characterized by brittle and fragile bones. Strong bones are less prone to fractures and injuries, making adequate calcium intake crucial for overall skeletal health. One of the most well-known sources of calcium, providing approximately 300 mg per cup. Hard cheeses like cheddar and Swiss are rich in calcium, with around 200 mg per ounce. Incorporating calcium-rich foods into your diet is an effective strategy for supporting bone health. Here are some top sources of calcium. Yogurt contains about 300 mg-400 mg of calcium per serving, depending on the brand and type. Almond, soy, and oat milks often have added calcium, with approximately 300 mg per cup. Some brands are fortified with calcium, providing around 300 mg per serving. Include a mix of dairy products, leafy greens, fortified foods, and nuts in your diet to ensure a consistent intake of calcium. Kale offers about 100 mg of calcium per cup when cooked. Essential for calcium

absorption, ensure adequate intake through sunlight exposure, fortified foods, or supplements. Foods such as fatty fish, fortified dairy, and egg yolks are good sources. These nutrients also support bone health. Include foods rich in magnesium (e.g., whole grains, nuts) and vitamin K (e.g., leafy greens) to enhance bone strength. Aim for about 1,000 mg of calcium per day for most adults, increasing to 1,200 mg for women over 50 and men over 70. Adjust based on individual health needs and dietary guidelines. If dietary intake is insufficient, consult a healthcare provider about supplements. Be mindful of dosage, as excessive calcium can lead to health issues such as kidney stones [1-4].

CONCLUSION

Maintaining strong bones requires a thoughtful approach to nutrition, with calcium playing a central role. By incorporating a variety of calcium-rich foods into your diet and ensuring adequate intake of complementary nutrients like vitamin D, you can support bone density and strength. A proactive approach to bone health, including balanced nutrition and lifestyle choices, is key to preserving skeletal integrity and reducing the risk of bone-related disorders. As we age, these dietary practices become even more critical in maintaining overall health and quality of life.

ACKNOWLEDGEMENT

None.

CONFLICT OF INTEREST

None.

REFERENCES

1. Lloyd K, McGregor J, John A, Craddock N, Walters JT, et al. (2015) A national population-based e-cohort of people with psychosis (PsyCymru) linking prospectively ascertained

Received:	02-September-2024	Manuscript No:	IPJFNPH-24-21225
Editor assigned:	04-September-2024	PreQC No:	IPJFNPH-24-21225 (PQ)
Reviewed:	18-September-2024	QC No:	IPJFNPH-24-21225
Revised:	23-September-2024	Manuscript No:	IPJFNPH-24-21225 (R)
Published:	30-September-2024	DOI:	10.21767/2577-0586.8.3.21

Corresponding author Ren Kato, Department of Food and Nutrition, Nagoya University, Japan, E-mail: renkato@nagoya.jp

Citation Kato R (2024) The Role of Calcium-rich Foods in Enhancing Bone Density and Strength. J Food Nutr Popul Health. 8:21.

Copyright © 2024 Kato R. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

phenotypically rich and genetic data to routinely collected records: Overview, recruitment and linkage. *Schizophrenia Res* 166(1):131-136.

2. Delnord M, Szamotulska K, Hindori-Mohangoo AD, Blondel B, Macfarlane AJ, et al. (2016) Linking databases on perinatal health: A review of the literature and current practices in Europe. *Eur J Pub Health* 26(3):422-430.
3. Haneef R, Delnord M, Vernay M, Bauchet E, Gaidelyte R, et al. (2020) Innovative use of data sources: A cross-sectional study of data linkage and Artificial Intelligence practices across European countries. *Arch Pub Health* 78(1):55.
4. Bradley CJ, Penberthy L, Devers KJ, Holden DJ (2010) Health services research and data linkages: Issues, methods, and directions for the future. *Health Serv Res* 45:1468-1488.