



Bone health.

As we get older our bones can become brittle and can break more easily. This factsheet explains how you can help keep your bones as strong as possible.

Eat calcium-rich foods each day

Calcium helps to keep our bones strong. Aim to eat four serves of calcium-rich foods each day.

One serve is:

- a cup (250mL) of cow's milk or plant-based milk fortified with calcium
- a tub of yoghurt (200g) or a cup of custard
- two slices of cheese (40g)
- half a cup of tinned fish with bones (for example salmon or sardines).

Get some sunshine most days

Sunshine is the best source of vitamin D. Vitamin D helps our body absorb calcium to keep bones strong. Expose some skin on your arms and hands to help your body get enough vitamin D from the sun.

Recommended sun exposure times in Tasmania

September to April	May to August
Five to 10 minutes, one to two times a day.	At least 30 minutes in the middle of the day.

If you can't get outdoors most days, talk to your GP about vitamin D supplementation.

Vitamin D in food

It is hard to get enough vitamin D from food alone. There are small amounts of vitamin D in some foods, like oily fish, eggs, UV treated mushrooms, and fortified foods.





Be physically active

Weight-bearing and balance activities help to reduce bone loss and keep muscles strong. Strong muscles and bones are important to reduce our risk of falling and breaking bones.

- Do weight-bearing activities like carrying groceries, walking, and going up stairs.
- Try balance activities such as standing on toes, heel-to-toe walks and standing on one leg.
- See the “How much activity should I do?” factsheet for more information.
- If you have a medical condition check with your GP before starting any new exercises.

Healthy Ageing Tasmania

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Visit the Department of Health website (www.health.gov.au) for more information.*

