

“Bone Up” on These Nutrients NOW for a Speedier Recovery

Nutrient	What does it do?	Where does it come from?
Magnesium	Acts like a “key” that lets calcium move into muscles	Nuts, cooked dried beans and peas, whole grain leafy vegetables, milk and dairy products
Calcium	Makes bones stronger	Milk, cheese, yogurt, broccoli, dark green leafy vegetables, canned fish with bones, cooked dried beans
Vitamin D	Helps the body use calcium	Vitamin D fortified milk, liver, egg yolks, butter, cream, cod liver oil, salmon, herring, mackerel, sardines
Iron	Used to make red blood cells	Organ meats, red meats, dried fruits, cooked dried beans, dark green leafy vegetables, fish, poultry, oysters, prune juice
Copper	Helps “knit” together building materials for new body tissues	Whole grain breads & cereals, shellfish, nuts, organ meats, poultry, cooked dried beans and peas, dark green leafy vegetables
Protein	Makes up part of enzymes, hormones, and is needed to use calcium	Meats, eggs, poultry, lentils, dried beans and peas, milk products, breads and cereals
Vitamin C	Helps speed healing and helps prevent infections	Oranges and orange juice, tomatoes, pineapples, lemons, limes