

Food for Bones and Healing

Getting calcium, vitamin D and healing nutrients from your kitchen

CALCIUM-RICH INDIAN FOODS (APPROXIMATE, PER USUAL SERVING)

1 glass milk (250 mL) — 300 mg · **1 katori curd** — 200 mg · **1 glass buttermilk** — 150 mg · **50 g paneer** — 200 mg
1 tbs til (sesame) — 175 mg · **1 katori ragi (nachni)** — 350 mg · **10 almonds** — 75 mg
1 katori cooked green leafy veg (methi, sarson, amaranth) — 150-200 mg · **Small fish eaten with bones** — very high
Rajma, chana, soya, drumstick leaves and moringa are all good sources.

Target: 1000-1200 mg a day. Two glasses of milk plus curd plus a leafy vegetable gets most people there.

Vitamin D

Very little comes from food. Your body makes it from **sunlight**: aim for **15 to 20 minutes on the arms, legs and face, three or four times a week**, between about 10 am and 3 pm, without sunscreen on those areas. Behind glass does not count. Darker skin needs longer. Most Indians are still deficient despite the sun, which is why we also prescribe supplements.

Extra help when a fracture or wound is healing

- **Protein** — the most important single factor. See the protein sheet.
- **Vitamin C** for collagen — amla, guava, orange, lemon, capsicum, tomato.
- **Zinc** — pulses, nuts, seeds, whole grains, eggs, meat.
- **Iron** — if you are anaemic, healing slows. Take iron as prescribed.
- **Plenty of water and fibre** — you will be less active and more constipated.

WHAT HARMS BONE HEALING

Smoking — nicotine reduces blood supply to bone and markedly increases the risk of a fracture not uniting. Stopping, even now, helps.

Excess alcohol — interferes with bone-forming cells and with calcium absorption.

Excess salt, cola drinks and very strong tea with meals — all reduce calcium absorption or increase its loss.

Crash dieting during recovery — your body needs fuel to heal.

Search: calcium rich foods, food for bones, vitamin D food, fracture healing diet

