

# Nutritional Strategies for Bone Health

In the spring of 2010 I was diagnosed with a stress fracture in my foot. The injury was incredibly demoralizing. I felt like my body had let me down and that I couldn't trust it anymore. I wondered if I would ever run another marathon.

While I was recovering from the stress fracture I had the opportunity to participate in a bone density study at the University of Calgary. The study included an indepth examination of my bone density, which showed that the density of my trabecular (inner) bone was more than one standard deviation below average, while my cortical (outer) bone was more than one standard deviation above average. While my overall bone density was slightly higher than average, this more detailed breakdown told a different story. My very porous trabecular bone was an indication that I was not fuelling my body sufficiently to support my cortical bone. As a runner, my cortical bone had high demands, and my reserve (the trabecular bone) was running on empty.

I showed my results to a nutritionist and also did a food log. Here were the top findings:

- I was not eating nearly enough protein for my lifestyle.
- I was eating minimal whole grains. I switched out my white rice and pasta for brown rice, egg noodles and whole grain bread.
- I needed to eat more total calories.

I took these suggestions to heart. More than 10 years later, with much higher physical activity demands on my body, I have not had another broken bone.

This article highlights nutritional strategies you can use to ensure your bones are as strong as possible.

<https://www.precisionnutrition.com/all-about-bone-health>

