



**Royal
Osteoporosis
Society**

Better bone health for everybody



I didn't know healthy eating could make a difference.

A healthy balanced diet with adequate calcium is essential to provide all the vitamins, minerals and other nutrients your bones need to help keep them strong.

Do you eat the right things for your bones?

Ask a healthcare professional or the Royal Osteoporosis Society.
Freephone Helpline 0808 800 0035 or nurses@theros.org.uk

President: HRH The Duchess of Cornwall

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