

STRONG BONES

need more than just

MILK!



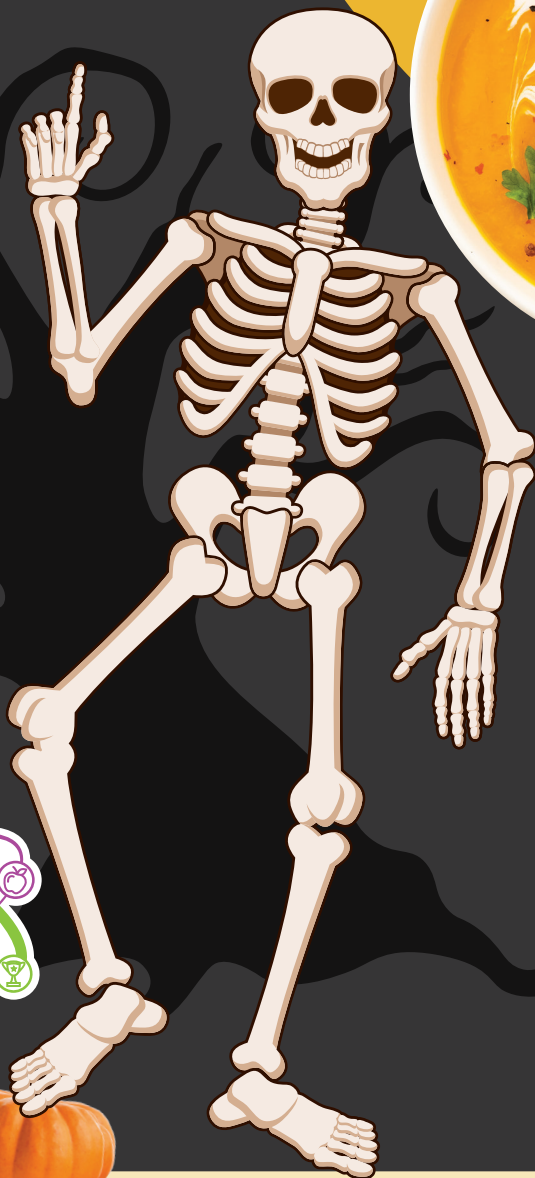
Foods like broccoli and tofu provide calcium, while foods like mushrooms help your body absorb vitamin D – both essential for bone strength.

[#StrongerBones](#)



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PUMPKINS aren't just for CARVING!



They are packed with vitamin A, which supports healthy bone maintenance and overall skeletal health.

[#PumpkinPower](#)

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Maintain your Bone Density!



Did you know your bones can adapt to the physical activity that you do? Keep your bones healthy and resilient by staying active every day. Take care of your skeleton – one vertebra at a time!

[#FitnessForBones](#)

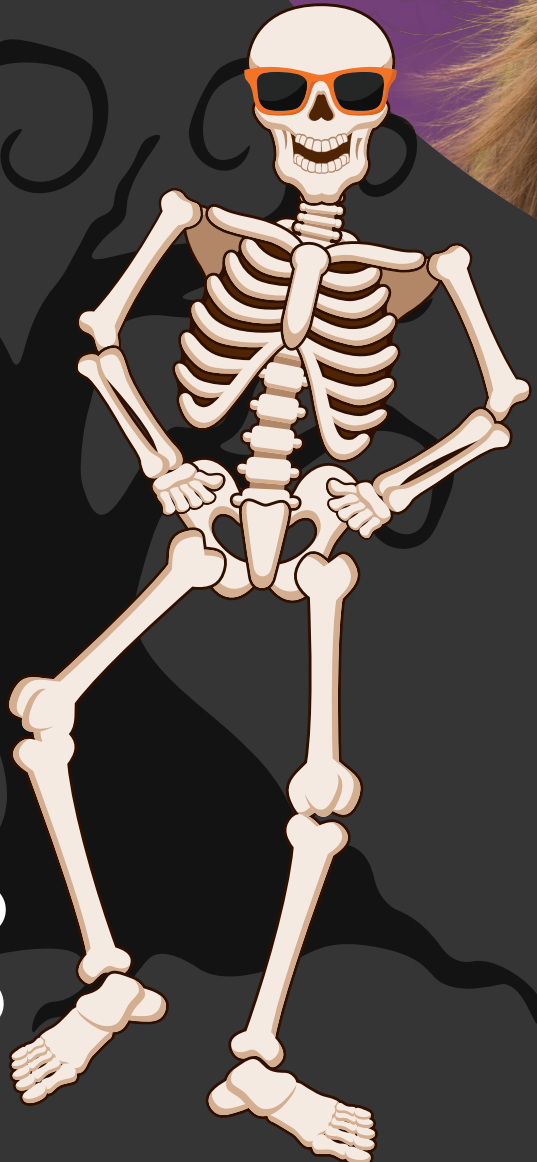
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SUNLIGHT

is important
for your

Bone Health!



Exposure to sunlight helps your body produce vitamin D which plays an important role in calcium absorption.

[#VitaminDPower](#)

[#BoneBoost](#)



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