

Essentials for Bone and Joint Health - A Comprehensive Guide



In this current situation across the globe, we all are fighting to stay fit, healthy, and especially saving ourselves from deadly pandemic COVID-19. During this period, one of the key things that we all are required to do is take a highly nutritious diet. Considering this will not only enhance our immunity, but also make sure that our bones, muscles, and circulation system stay strong.

In this article, we will discuss some nutritional requirements that are important to keep our bones strong. This is because optimum physical activity is important during these tough times and if our bones are weak, they can get fractured or diseased easily while making us bedridden. Now, if fracture demands surgical intervention using [ortho surgical implants](#) , the time required to heal could be more. Thus, in this case, physical activity will become zero and that won't be a good sign especially in this scenario. Here, we will provide some nutritional tips that'll help you maintain healthy bones while reducing the risk of bone-related diseases.

Nutritional Requirements to Improve Bone and Joint Health

Omega-3 Fatty Acids

The first and most important nutrient that helps in the development of strong & healthy bones is an omega-3 fatty acid. Taking an omega-3-rich diet is known to boost calcium level in bones while improving their strength plus, it also reduces the chances of developing osteoporosis. Omega-3 fatty acids also have powerful anti-inflammatory properties that become very helpful in the treatment of arthritis. Chia seeds, walnuts, soybeans, and cod liver oil are good sources of omega-3 fatty acids.

Calcium

When the level of calcium decreases, our body fulfills the need by taking it from the bones, while making them weak and increasing the chances of osteoporosis. Calcium is essential for bone health and that is why having a calcium-rich diet is a must to keep our bones strong & healthy. For that, we need to add milk to our regular diet along with green leafy vegetables like spinach. Calcium is also vital for controlling muscles and improving blood circulation.

Vitamin D

It doesn't matter how much calcium is there in the food you eat, without vitamin D, the required amount will not get absorbed by the body. So, along with calcium, vitamin D is also the basic requirement to keep bones strong and healthy. We can get vitamin D from various fortified food items and fatty fishes plus, sunlight a natural source of 'D.' Exposure to sunlight should be limited, as excessive exposure could result in cancer due to UV radiations. Taking prescribed supplements could also help elevate vitamin D levels in the body.

Vitamin C

Vitamin C has the property of repairing tissues in our body and helping in the absorption of iron as well. Besides this, vitamin C is also known to reduce the risk of developing inflammatory arthritis due to its anti-inflammatory properties and support joint health. These are the reasons why this vitamin is essential in maintaining strong bones and joint health. But here's a catch, the intake of vitamin C should not be too high or too low, as that could be problematic. 75 milligrams for women and 90 milligrams for men is the daily recommended intake limit. This vitamin is found in high quantities in bell pepper, pineapple, lemon, and oranges.

Calcium along with other compounds like vitamin D and omega-3 helps maintain strong bones and good joint health thus, including them in the diet is a must. In this post, we've discussed key nutritional requirements a person has to ensure healthy bones. Considering everything that is mentioned above will not only optimize your bone health but also reduce the risk of bone-related diseases like osteoporosis. This will also reduce the chances of getting fractured easily as, if an orthopedic implant is inserted to fix the fracture, the person may be required to get complete bed rest for a month or two.

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