

## Prunes for good bones

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NEW research shows that eating prunes every day helps to prevent bone loss and improves overall well-being.



A 2022 study in the American Journal of Clinical Nutrition found that eating five to six prunes a day (50 grams) over 12 months preserved bone hip mineral density, reduced hip fracture risk and reduced inflammatory mediators in postmenopausal women. Prunes contain a variety of vitamins and minerals, including fibre, vitamin K, magnesium, potassium, boron, copper and polyphenols that likely work together to support healthy bone building, structure and maintenance

And its not just post-menopausal women who can reap the benefits of daily prunes.

A first-of-its kind study noted positive effects on markers of bone health after men ate 10-12 prunes per day for one year.

One in three women and one in five men aged 50 years and over are affected by osteoporosis. The condition causes bones to become weak and fragile so that they break easily.