[IMAGE]

A Diet That’s Good for Your Bones

By Editorial Staff

bone health - Copyright â Stock Photo / Register Mark The Mediterranean diet has been touted for its potential role in preventing heart disease and certain forms of cancer, among other benefits, and we may add another benefit to that growing list soon: New research suggests eating the diet, characterized by high intake of fruits and vegetables, whole grains, nuts and seeds; more fish / seafood compared to poultry, eggs, cheese and yogurt; and less red meat, sweets, saturated fats and processed foods, also can reduce fracture risk in women.

In a study published in *JAMA Internal Medicine*, postmenopausal women who followed the Mediterranean diet were less likely to suffer hip fractures compared to women who three other diets, including the Dietary Approaches to Stop Hypertension (DASH) diet. After 16 years of tracking, women who stuck with the Mediterranean diet had a lower fracture risk than women who did not, while women who followed one of the other three diet plans showed no reduced risk.

To learn more about the Mediterranean diet, click here. For more information about bone health and an assessment of your fracture risk based on your age, diet and other lifestyle factors, talk to your doctor.

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