

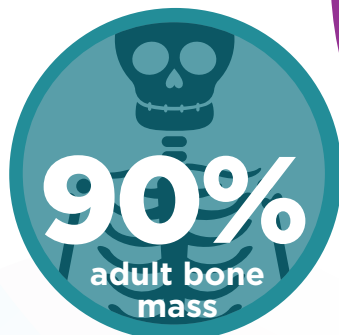
Nutrition for bone health

Why?

#1

Strong bones

90% of adult bone mass is in place by end of adolescence



#2

Reduced injury risk

More than 10% of injuries accounted in sports medicine are stress fractures



#3

Consistency



#4

Strong performance



Nutrition plays a critical role in:

Energy availability

Hormonal health

Vitamin C, D, K

Calcium

Magnesium

4 servings
of dairy a day =
1000-1300mg
RDA Calcium

Source:

Renee McGregor
Performance Dietician
Scottish Gymnastics

