**Bone density and diet**

Bone density is a measurement of the mineral content of the bone – the greater the bone density, the stronger the bone.

Bone density can be improved through a balanced diet containing:

- The mineral CALCIUM – found in many foods including milk and green vegetables (e.g. broccoli).
- VITAMIN D – found in eggs and oily fish. Vitamin D helps the body absorb calcium.

**Weight-bearing activities**

Weight-bearing activities are those that force your body to work against gravity. They do not include those where your weight is supported, for example cycling.

Weight bearing activities include:

- walking
- running
- tennis
- aerobics.

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**Worked example**

Which of the following is the most beneficial in your diet for ensuring a healthy skeleton? (1 mark)

- [x] A Vitamin D
- B Vitamin C
- C Protein
- D Carbohydrates

Although all options are important, vitamin D is the most beneficial as it aids an increase in bone density.

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**Now try this**

1. Using an example, explain why stronger ligaments and tendons will be beneficial to a rugby player. (2 marks)