

5 bone-destroying foods you should know to limit

Excessive supply of protein also increases calcium excretion, one of the causes of rickets, especially in young children. So how to know and prevent the bones are always strong.

Bone care is an important issue for every person. It can be seen that the foods we love and use every day are the main causes of rapid bone destruction. Here are 5 bad foods that you should keep in mind and limit them to as soon as possible.

1. Foods that contain high amounts of salt

Some foods like salt, banging soda . are high in sodium and salty than normal. Salt is a direct cause of excessive calcium excretion through the kidneys, which weakens bones over time.

Nutrition experts warn, for every 2,300mg of sodium absorbed into the body, you will lose about 40mg of calcium.

According to many studies, it has been shown that among people with a high salt diet and those who eat less, the results showed that people who ate a lot of salt reduced a large amount of calcium in the body, besides also removes a large amount of minerals in bone.



So quickly adjust the amount of salt when preparing food and limit the use of processed foods, canned and frozen foods . And instead use spices and herbs. Other to protect strong bones.

2. Coffee, high sugar and carbonated soft drinks



Sweet food is the favorite food of many people, especially children. However, when eating too much, the amount of sugar absorbed into the body causes excessive excess which inhibits calcium absorption and depletes phosphorus - an important mineral in calcium absorption.

Besides, coffee is also a drink that does not affect bone as much as salt, but the calcium filtering activity from the bones of coffee is similar.

Carbonated soft drinks also significantly affect the bones. One study suggested that taking 7 cans of carbonated soft drinks per week would reduce the mineral density in bones and increase the risk of fractures. The cause of this situation is that carbonated soft drinks contain phosphoric acid, a food additive that weakens the intestinal tract and affects calcium absorption.

3. Drink too much alcohol



For those who regularly drink alcohol, not only are they at risk for osteoporosis, bone loss, bone weakness, but also bone fractures can be unprotected and lack of calcium as well as the inability to recur. create.

To increase bone strength and prevent osteoporosis, alcohol should be taken moderately. Women should only drink 1 glass of wine a day and men are 2 glasses of wine a day.

4. The diet doesn't need to be equal



According to experts, protein, proteins and nutrients are essential for normal functioning of the body. However, for those who often abuse, overeat or eat too much protein and do not supplement the full carbohydrate body, there may be health problems including bone diseases. . Not only does it provide too much protein, it also increases the elimination of calcium in the body, one of the causes of rickets in young children.

So the advice of experts for you is that, should provide adequate and balanced nutrients for the body, every day you should use meat, fish with about 30% and 70% should be for green vegetables , fruits and fruits.

5. Excessive diet



Today many people are afraid of being overweight, obese, so they often apply a strict diet, causing imbalance, lack of nutrients for the body to grow. Since then, it has also affected the bone, lack of substance to make the absorption of calci affected, prolonged condition will be very harmful to bone.

According to experts, joint and bone needs to be built and fortified for a long time, even a lifetime. If we do not know how to focus on this issue, the consequences will be very heavy. Once suffering from osteoarthritis, it is very difficult to cure, the quality of life and life expectancy are reduced.

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