

Nutrition for Bone Fracture Healing

Proper nutrition is essential for healing after a bone fracture. Your body needs extra energy and specific nutrients to repair bone tissue, reduce inflammation, and support overall recovery. The key nutrients for bone healing include calories, protein, calcium, vitamin D, vitamin C, and healthy fats.



SHOULD I EAT MORE WHILE RECOVERING?

Yes! Even if you are less active, your body requires more energy to repair the fracture. Eating enough calories from carbohydrates, protein, and healthy fats helps fuel the healing process. Hydration is also important, as water helps transport nutrients and repair bone tissue.

KEY NUTRIENTS FOR FRACTURE HEALING

1. Calcium: The Building Block of Bone

Calcium is essential for rebuilding bones. Include sources such as:

- Dairy: Milk, yogurt, feta, cottage cheese
- Non-Dairy: Broccoli, kale, almonds, fortified plant-based milks
- Daily Goal: 1,000–1,300 mg per day

2. Vitamin D: Helps Absorb Calcium

Vitamin D allows your body to absorb calcium properly. Sources include:

- Foods: Salmon, cod, eggs, fortified foods (orange juice, cereal)
- Sunlight: 10–30 minutes of sun exposure a few times a week
- Daily Goal: 600–800 IU per day

3. Protein: Essential for Bone and Muscle Repair

Protein makes up 50% of bone structure and is crucial for healing. Good sources include:

- Animal Sources: Poultry, fish, eggs, dairy
- Plant Sources: Beans, tofu, lentils, quinoa

4. Vitamin C: Helps Collagen Formation in Bone

Vitamin C supports collagen production, which is essential for strong bones. Good sources include:

- Fruits: Oranges, kiwis, strawberries
- Vegetables: Bell peppers, broccoli, tomatoes

5. Omega-3 Fatty Acids & Antioxidants: Reduce Inflammation

Reducing inflammation can help speed up healing. Get these nutrients from:

- Omega-3s: Fatty fish (salmon, sardines), flaxseeds, walnuts
- Antioxidants: Berries, nuts, seeds, leafy greens

WHAT CAUSES BONE FRACTURES?

Fractures can occur due to:

- Trauma or Injury: Falls, car accidents, sports injuries
- Repetitive Stress: Overuse injuries (common in athletes)
- Osteoporosis: Weak bones due to aging or low calcium intake
- Poor Nutrition: Lack of calcium, vitamin D, or protein can weaken bones
- Medical Conditions: Diseases such as osteoporosis, infections, or cancer can weaken bone structure

EXAMPLE HEALING MEAL PLAN

Breakfast Scrambled eggs with spinach and cheese, whole-grain toast, and a glass of fortified orange juice

Lunch Grilled salmon with quinoa, steamed broccoli, and a mixed greens salad with olive oil

Snack Greek yogurt with strawberries, chia seeds, and walnuts

Dinner Chicken stir-fry with bell peppers, brown rice, and a side of roasted sweet potatoes

Evening Snack A smoothie with milk, banana, protein powder, and flaxseeds

Want Personalized Nutrition Guidance?

Contact our dietitians to schedule a consultation!

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