

No Bones About It:

Eating Dried Plums May Help Prevent Fractures
and Help Support Healthy Bones



THE WHOLE PACKAGE.

CALIFORNIA DRIED PLUMS HELP SUPPORT HEALTHY BONES

When it comes to improving bone health in postmenopausal women—and people of all ages—San Diego researcher Shirin Hooshmand, PhD, has found a simple proactive solution to help prevent fractures and osteoporosis: eating dried plums.

According to Dr. Hooshmand's research that was led by Dr. Arjmandi, "[Comparative effects of dried plum and dried apple on bone in postmenopausal women](#)" dried plums can reverse bone loss and increase their bone density. Polyphenols in dried plums may act as free radical scavengers, suppressing the rate of bone loss. As few as three dried plums a day can help stem bone loss.



Dr. Bahram H. Arjmandi

Fast Facts on Osteoporosis

- Osteoporosis is a disease associated with skeletal fragility and fractures due to micro architectural deterioration and reduced bone mass.
- It often progresses without any symptoms until a fracture occurs.
- According to The National Institutes of Health (NIH) Osteoporosis and Related Bone Diseases, more than 40 million people in the United States either already have osteoporosis or are at high risk due to low bone mass.
- Osteoporosis can occur in both men and women and at any age, but it is most common in older women.
- Osteoporosis can be prevented and treated.
- As many as one in four men older than 50 will break a bone due to osteoporosis.¹



Dr. Shirin Hooshmand

Steps to Optimize Bone Health

- Get the daily recommended amounts of calcium and vitamin D.
- Engage in regular weight-bearing and muscle-strengthening exercise.
- Avoid smoking and drinking excessive alcohol.
- Talk to your healthcare provider about bone health.
- Have a bone density test and take medication when appropriate.
- Incorporate dried plums in your diet.

¹ American Academy of Orthopaedic Surgeons, news release, Nov. 5, 2014.



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