

The Medicare Diet: Best Diet for Osteoporosis in Seniors



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Do you trust your bones?

It's a weird sentence, yes, but your bones are the literal foundation of your health: fragile bones can lead to fractures, hospital stays, and all sorts of complications. That's why [osteoporosis](#), a condition common in a number of older adults, especially postmenopausal women and older men, is so dangerous.

Fortunately, following medical advice and eating a healthy diet can help prevent bone fractures, but the [most helpful diet](#) for osteoporosis is a bit more complicated than just drinking more milk.

Looking for help choosing a Medicare plan?

☎ Call (800) 950-0608

The Bare Bones of Osteoporosis

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