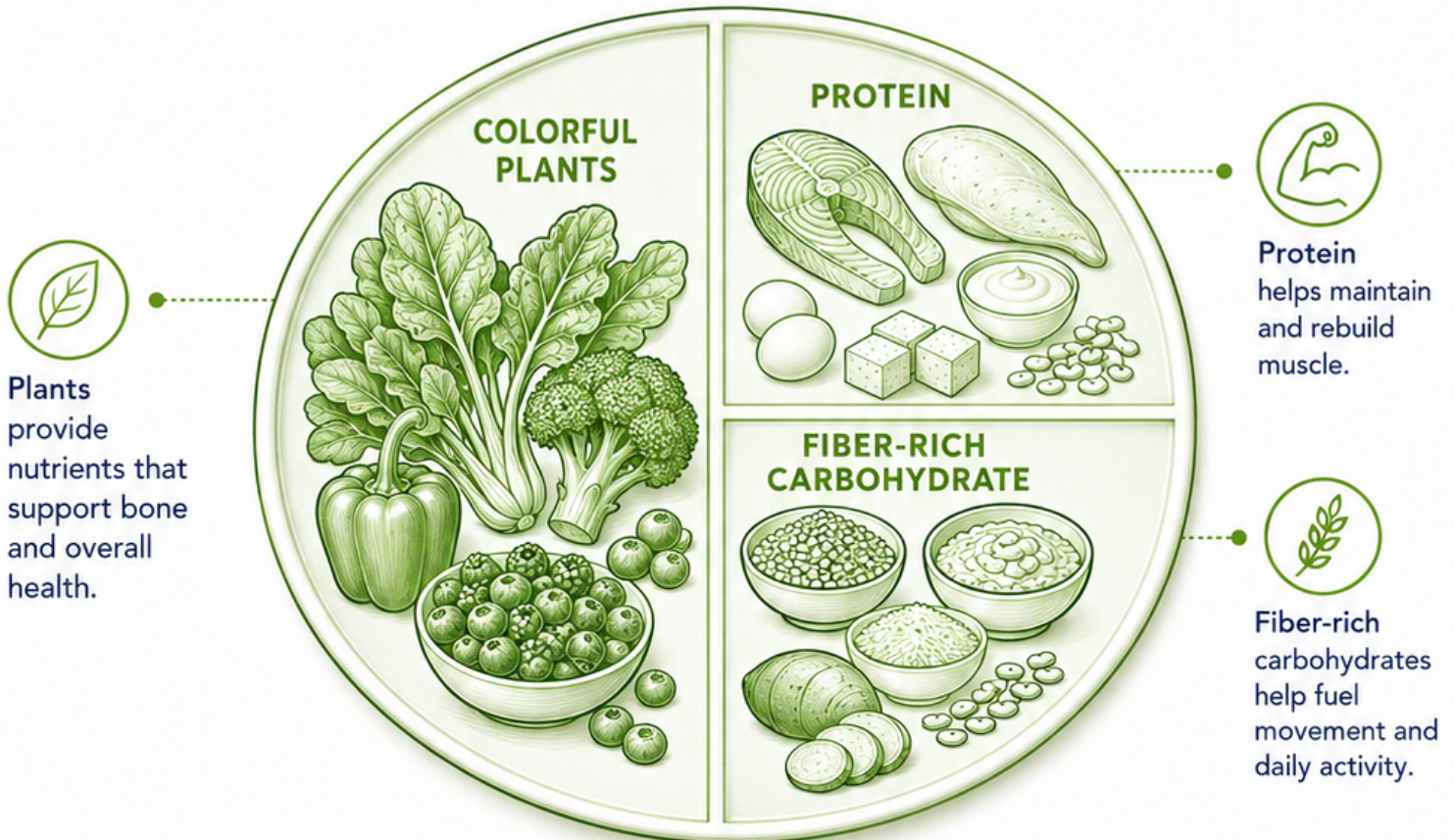




Muscle & Bone Support Plate™

A flexible way to build meals that support strength, bones and steady energy.



ADD A CALCIUM-RICH FOOD

Try yogurt, fortified milk, calcium-set tofu, sardines with bones, beans or leafy greens.



INCLUDE A HEALTHY FAT

Try olive oil, avocado, seeds, seed butter, olives or fatty fish.



DON'T FORGET VITAMIN D

Vitamin D helps your body absorb calcium. Food sources are limited, so ask whether your level or intake needs attention.



MIDlife MOJO TIP

Begin with protein, add plants and a fiber-rich carbohydrate, then include a calcium-rich choice somewhere in the meal or day.



Your ideal plate may look different. Adjust for appetite, activity, allergies, health conditions and guidance from your healthcare provider.

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