



Article Side

Dietary Patterns Associated with Fat and Bone Mass in Young Children by [Jhon Liam](#)

Article published on June 29th 2012 | [Weight Loss](#)

Good, strong bone mass is essential because it prevents fractures and breaks, and allows us to do all of the physically active things that we want to do. Osteoporosis is the condition distinguished by decreased bone mineral density, bone mass and bone strength, causing bones to become easily broken. Problems of osteoporosis, as well as obesity can begin in childhood. Both of these conditions are also influenced by dietary intake, exercise or sport, and genetics. A recent research study has looked at which foods should be eaten in order to both promote low fat mass and high bone mass at an early age.

Building bone mass to prevent osteoporosis and protect your body requires proper nutrition. It was found that diets high in dark green and deep yellow vegetables correlated with children having low fat bone, as well as high bone mass. Examples of these types of foods are spinach, romaine lettuce, broccoli, carrots, and sweet potatoes. A possible explanation of how they help to build bone mass is that they are high in potassium, a chemical element needed in order to build strong bones, as well as proper functioning of the heart, kidneys, muscles, nerves, and digestive system. (Although calcium, vitamin D, and magnesium are also needed to build strong bones, they were not considered significant in this particular study.)

Weight-bearing exercise “such as weightlifting, walking, jogging, soccer, tennis or other ground-contact sports that apply force to bone” helps to build and maintain bone mineral density. Activities and sports that require pushing or pulling engage muscles and tendons that are attached to bone. The pushing or pulling movement contacts or elongate muscles, causing a force to tendons and is applied to bone. This applied force stresses the bone structure. Lifting weights with your arms will build bone mass on your upper body. Activities like walking or jogging promote the building of bone mass in the lower body.

Not surprisingly, a diet high in fried foods was correlated with high fat mass. Eating a diet high in fried foods leads to the accumulation of fat and can also lead to obesity. It is also likely that a diet high in fried foods can lead to a larger waist circumference. In light of these study results, the research concluded that beginning at pre-school age, diets that are high in colorful vegetables and low in fried foods have a better chance of leading to a healthy fat and greater bone accrual in young children.

Article Source:

<http://www.articleside.com/weight-loss-articles/dietary-patterns-associated-with-fat-and-bone-mass-in-young-children.htm> - [Article Side](#)

[Jhon Liam](#) - About Author:

For more details please visit our site to a [Shane fitness and weight loss resorts](#) or a [Click here](#).

Article Keywords:

weight loss spa, fitness resort, fitness boot camp, weight loss retreat