

Maine Falls Prevention Coalition

Falls Prevention Awareness

Social Media Suggested Posts



Nutrition

- Strong bones need strong nutrition! Incorporate calcium-rich foods like leafy greens and nuts to support bone health.
 - *Suggested Image/Graphic: A bowl of leafy greens, nuts, and seeds.*
- Magnesium, potassium, and vitamin K are vital for muscle and bone health. Include bananas, leafy greens, nuts, and seeds in your diet to support your overall stability and fall prevention.
 - *Suggested Image/Graphic: A bowl of leafy greens, nuts, and seeds.*
- Dairy products and almonds are great sources of calcium. Keep your bones strong and reduce fall risk with a balanced diet!
 - *Suggested Image/Graphic: A glass of milk and a handful of almonds.*
- Eating a variety of fruits and veggies ensures you get essential vitamins and minerals for muscle strength and balance.
 - *Suggested Image/Graphic: A colorful assortment of fruits and vegetables.*
- Stay hydrated! Dehydration can lead to dizziness and increase the risk of falls. Aim for at least 8 glasses of water a day.
 - *Suggested Image/Graphic: A person drinking a glass of water.*
- Protein is essential for muscle health. Include protein-rich snacks like Greek yogurt and berries to keep your muscles strong.
 - *Suggested Image/Graphic: A bowl of Greek yogurt with berries.*
- Balanced meals with lean protein, whole grains, and veggies help maintain muscle mass and strength, reducing fall risk.
 - *Suggested Image/Graphic: A plate of grilled chicken, quinoa, and vegetables.*
- Smoothies can be a nutrient-packed way to support bone health. Blend in greens, fruits, and fortified almond milk for a healthy boost!
 - *Suggested Image/Graphic: A smoothie with kale, banana, and almond milk.*
- Sometimes we need a little extra help. Ask your doctor if supplements like calcium or vitamin D are right for you.
 - *Suggested Image/Graphic: A person taking vitamin supplements.*
- Nuts and seeds are not only tasty but also packed with nutrients like magnesium and vitamin E that support overall health. Snack smart to stay strong!
 - *Suggested Image/Graphic: A colorful plate of different nuts and seeds*



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- Good Nutrition = Stronger You! Eating a balanced diet rich in essential nutrients helps maintain muscle strength and bone density, reducing your risk of falls. Include a variety of fruits, vegetables, lean proteins, and whole grains in your meals. Stay healthy, stay steady!
 - *Suggested Image/Graphic: A family enjoying a meal representing all food groups.*
- Boost Your Bone Health with Calcium and Vitamin D! Strong bones are less likely to break in a fall. Include dairy, leafy greens, and fortified foods for calcium, and get your dose of vitamin D from sunlight and fatty fish.
 - *Suggested Image/Graphic: Myplate image with fish and dairy components.*
- Power Up with Protein! Adequate protein intake is crucial for muscle strength, which helps keep you stable and prevents falls. Enjoy lean meats, fish, eggs, legumes, and nuts for a protein boost.
 - *Suggested Image/Graphic: A person shopping for protein.*
- Proper hydration helps maintain physical and cognitive function, reducing your risk of falls. Aim for 8-10 cups of water daily.
 - *Suggested Image/Graphic: A person drinking a glass of water.*
- Proper hydration supports your overall physical and cognitive function, helping you maintain balance and reduce fall risk. Drink at least 8-10 cups of water daily.
 - *Suggested Image/Graphic: A person drinking a glass of water.*

Suggested Hashtags: #FallPrevention #FPAW #NCOA #FallsPreventionAwarenessDay #MFPC

