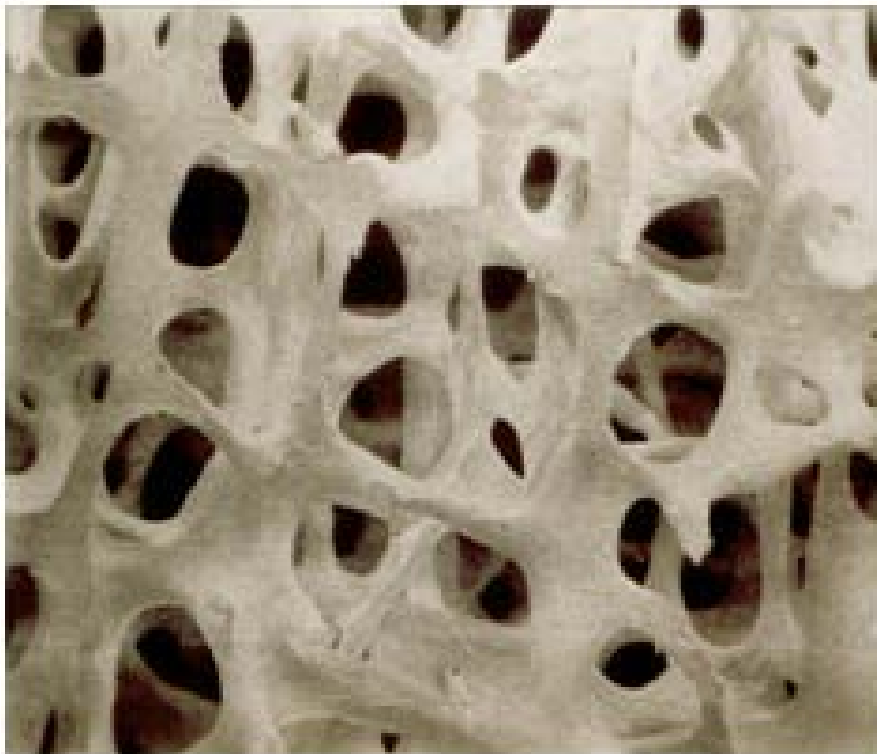




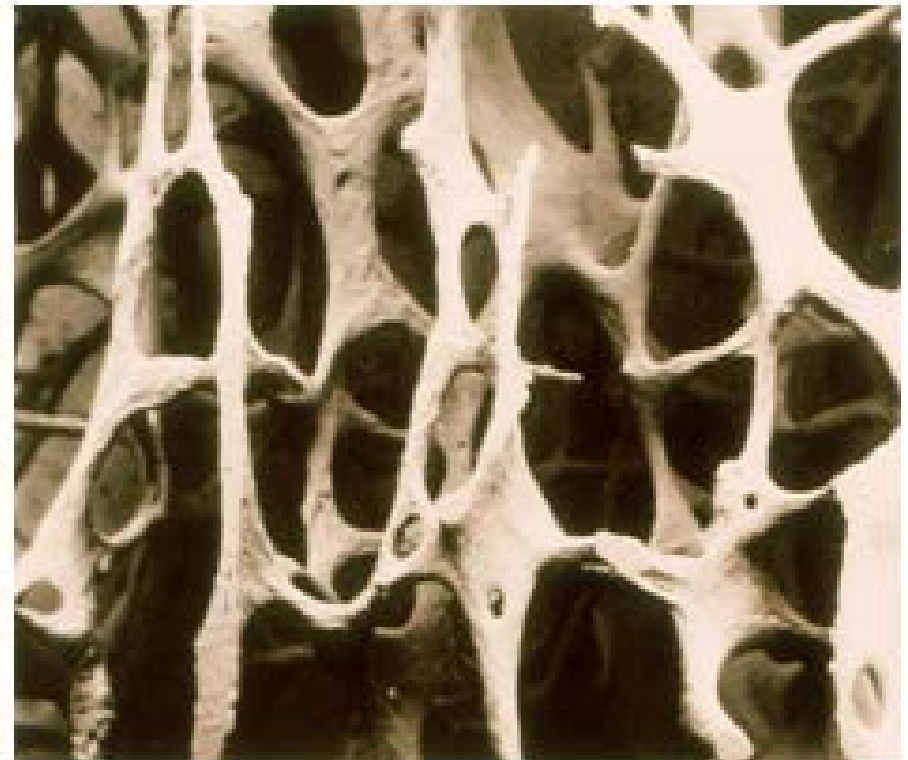
**MyPlate**  
in Practice

### Comparing Healthy Bone with Osteoporotic Bone.

White structure represents the calcium laid down in the protein matrix of bone structure. Without enough calcium in the diet, there will not be enough calcium to build a strong bone structure. Also, the calcium that is in the bone is leached out into the blood stream. This leaves a thin, brittle bone that can break very easily under pressure.



Healthy bone



Osteoporotic bone

Source: <http://www.nras.org.uk/osteoporosis-in-ra>