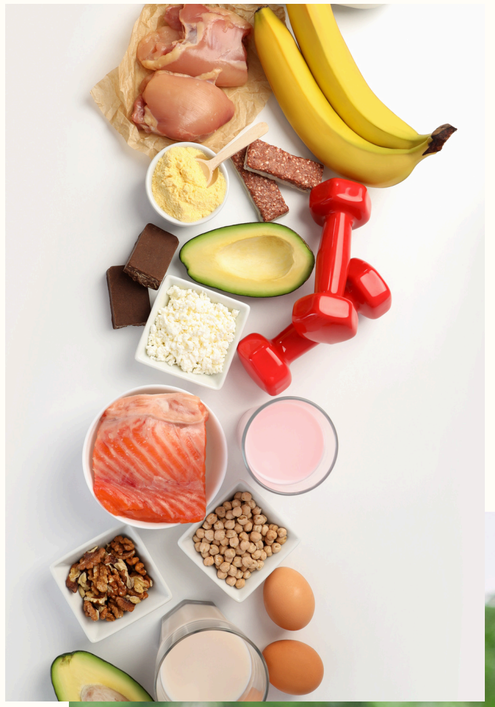
‘Nutritional strategies for Strong bones, muscles, and joints in Adults’ was delivered by Dr Jagmeet Madan.

She began by explaining why there is a need to focus on Musculoskeletal health, as 1.71 billion people globally are affected because of this. She talked about the growing burden of Musculoskeletal health issues in different periods of life and how bones, muscles and joints are an integrated system of our body. Dr Madan then focused on the key nutrient quantity-wise for good bone health, which are protein, Calcium, vitamin D, Potassium, vitamin K, Magnesium, and phosphorus, along with their richest food sources and recommended values. She even highlighted key findings from various research papers and studies emphasizing the vital role of these nutrients.

Towards the end, she pointed out other contributory factors to bone loss like excess sodium, caffeine, smoking, and alcohol and explained that people require personalised approaches to diet, exercise load, and supplementation.