



The slide on the screen contains the following text:

哪些食物可能会影响骨质疏松?
What foods may affect Osteoporosis?

HIGH-OXALATE FOODS

其实, 如果你将影响钙吸收的食物与钙的食物, 分开摄取相隔2个小时, 那就不会干扰钙的吸收, 因此也不会影响骨质疏松症。

In fact, if you take calcium-binding foods separately from calcium foods at **an interval of two hours**, then it will not interfere calcium absorption, therefore will not affect Osteoporosis.

**钙的食物分开摄取相隔2个小时
separately from calcium foods at an interval of two hours,**

Osteoporosis is a bone disease where there is a reduction in bone mineral density. Most people will reach their peak bone mass between the ages of 25 and 30. By the time we reach age 40, we slowly begin to lose bone mass. Will avoiding certain foods really help to prevent osteoporosis? Topic: What Not To Eat If You Have Osteoporosis? Learn more at this video link: https://youtu.be/NL0Kw9_C7WM

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