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Study links beer with bone health

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Calcium, vitamin D...and beer?

New study findings released this month in the *Journal of the Science of Food and Agriculture* have added beer to the list of bone healthy foods and nutrients. Researchers at the Department of Food Science & Technology at the University of California have found that beer is a significant source of dietary silicon, a key ingredient for increasing bone mineral density.

Researchers studied commercial beer production to determine the relationship between beer production methods and the resulting silicon content. They found that beers containing high levels of malted barley and hops had the highest silicon content.

According to the National Institutes of Health (NIH), dietary silicon may be important for the growth and development of bone and connective tissue. Based on these, and other study findings, it seems that moderate beer consumption may help fight osteoporosis, although further studies are needed to examine this relationship.

Before you order up another pint, remember that moderation is key. According to [Osteoporosis Canada](#), consistently having more than two alcoholic drinks per day, including beer, can increase your risk of developing the disease. Other risk factors for developing osteoporosis include age, family history of the disease and early menopause, among others.

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