



[Home Page](#)  
[Site Index](#)  
[Celebs](#)  
[Health](#)  
[Food](#)  
[Personal Finance](#)  
[Cartoon](#)  
[Frame Games](#)  
[Stickdoku](#)  
[Trickledowns](#)  
[Special Reports](#)  
[Home & Family](#)  
[Classroom](#)  
[Talkin' Shop](#)  
[Back Issues](#)  
[Make A Difference Day](#)



[▶ About USA WEEKEND](#)  
[▶ Media kit](#)  
[▶ Local newspapers](#)  
[▶ Contact columnists](#)  
[▶ Order back issues](#)  
[▶ Jobs at USA WEEKEND](#)

[E-mail this page to a friend](#)





**In this article:**  
[▶ More prune benefits](#)



## Prunes may build stronger bones

**If someone asked you what to eat for strong bones, it's unlikely that prunes would top your list.**

**But antioxidants in prunes** (dried plums) increase bone formation in animals, say new tests at the University of Oklahoma and Oklahoma State University. Researchers suggest that eating prunes could benefit people at risk of osteoporosis. Previous research found that feeding prunes to animals could both prevent and reverse bone loss, and that post-menopausal women who ate 3.5 ounces a day (about 10 prunes) showed signs of improved bone mineral density.

**Next:** Clinical trials underway at Florida State University aim to confirm the prune-bone benefit in humans.

[Go to top](#)

### More prune benefits

**Fight disease:** Prunes have more protective antioxidants than any other fruit (their dried form concentrates antioxidants). Antioxidants help combat virtually every chronic disease, including cancer, heart disease, diabetes and dementia.

**Prevent wrinkles:** In a large study, elderly people who ate the most prunes, apples, vegetables, olive oil, fish and legumes had fewer wrinkles and less sun-damaged skin than those who ate lots of meat, butter and milk products.

**Sponsored Links**

**Scottrade: Online Stocks**

\$7 Online Trades. Unlimited Shares. Open Your Account Online Today!  
www.Scottrade.com

**"Your Lips are too Small!"**

See which Lip Plumpers actually Plump your Lips & which ones...  
http://www.Lip-Plumper-Reviews.com

**Top-Rated MBA Online**

Earn Your MBA In 2 Years. No GMAT Required. 100% Online Program!  
FloridaTechOnlineMBA.com

[Buy a link here](#)

---

[Back to top](#) | [Send this page to a friend](#) | [Contact Us](#) | [About us](#)

---

[ [HOME](#) ] [ [SITE INDEX](#) ] [ [CELEBS](#) ] [ [HEALTH](#) ] [ [FOOD](#) ] [ [THINKSMART](#) ]  
[ [PERSONAL FINANCE](#) ] [ [CARTOON](#) ] [ [FRAME GAMES](#) ] [ [TRICKLEDOWNS](#) ]  
[ [STICKDOKU](#) ] [ [CLASSROOM](#) ] [ [BACK ISSUES](#) ]  
[ [Newspaper Partners](#) ] [ [Make A Difference Day](#) ] [ [Gannett Foundation and charitable giving](#) ]

Copyright 2009 USA WEEKEND. All rights reserved.  
A Gannett Co., Inc. property.  
[Terms of Service.](#) [Privacy Policy/Your California Privacy Rights.](#)

---

**NEW!** Visit **Lorrie Lynch's Who's News Blog** **CLICK HERE**   **NEW COMIC STRIP THURBEATS CLICK HERE**

   **Order your USA WEEKEND puzzle books. Available exclusively at [usaweekend.com](#)** **ONLY \$4.95 EACH PLUS S & H** [CLICK HERE](#)

