

# High dietary fiber protects against femoral neck bone loss

October 24 2017

---



(HealthDay)—Higher dietary total fiber and fruit fiber is protective

against bone loss at the femoral neck in men, according to a study published online Oct. 12 in the *Journal of Bone and Mineral Research*.

Zhaoli Dai, Ph.D., from the Boston University School of Medicine, and colleagues examined the correlation between dietary fiber, assessed using the Willett food frequency questionnaire, and bone loss at the femoral neck, trochanter, and lumbar spine in older men and women. Bone mineral density was measured using dual-energy X-ray absorptiometry at baseline (1996 to 2011) and in 2001 to 2005 and 2005 to 2008 among 792 men and 1,065 women.

The researchers found that in men, but not women, higher dietary total fiber and fruit fiber was protective against bone loss at the femoral neck ( $P = 0.003$  and  $0.008$ , respectively). Compared with men in quartile 1 of fiber intake, those in quartiles 2 to 4 had significantly less bone loss at the femoral [neck](#) (all  $P$  bone loss in men or women).

"Our findings suggest that higher dietary fiber may modestly reduce [bone loss](#) in men at the hip," the authors write.

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2017 [HealthDay](#). All rights reserved.

Citation: High dietary fiber protects against femoral neck bone loss (2017, October 24) retrieved 6 May 2024 from <https://medicalxpress.com/news/2017-10-high-dietary-fiber-femoral-neck.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--