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## Cereals contain component for strong bones

Silicon is involved in the development of bone and cartilage. The nutrient may be useful in the prevention and treatment of osteoporosis. Cereals contain high amounts of silicon. So far the importance of a silicon-rich food range is still scarcely investigated, concludes scientific journalist Gert van den Berg on the basis of an extensive literature study. Therefore the possible contribution of cereals in the development of healthy bones is nearly completely overlooked.

Cereals are silicon-rich. Especially bran contains much of this valuable nutrient. Research nutritionists have shown that silicon is involved in the development of bone and cartilage. Recently new indications have been found that silicon plays a positive role in wound healing. Scientists now discuss the usefulness of the nutrient in the prevention and treatment of osteoporosis.

Cereals and other silicon-rich foods are significant sources of this nutrient. However the importance of a silicon-rich food range for a healthy bone development is scarcely investigated. Therefore the possible contribution of cereals to the prevention of osteoporosis is still unclear. Scientific journalist Gert van den Berg concludes this on the basis of a comprehensive analysis of the literature about the role of silicon in the human nutrition. On the website [www.silicon-nutrition.info](http://www.silicon-nutrition.info) a summary of the compiled information can be found.

For a better utilisation of the possibilities of a silicon-rich food range it is necessary that research nutritionists and agronomists join forces, so appears from the extensive literature study. Even basic information about effects of silicon fertilisation or plant breeding on the silicon content of foods is still lacking. Moreover cereal species and varieties differ in the silicon uptake from the soil. Furthermore the actual silicon uptake is usually low because of the low availability of soluble silicon in many fields. In every soil the nutrient is present in large amounts, but the roots cannot utilise the major part of this silicon. The extremely insoluble quartz (silicon dioxide) is an example of silicon forms that are not available to crops. Quartz is the main component of sandy soils.

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