

Healthy Bones Diet


The foods you eat every day play an important role in healthy bones. Calcium and protein are needed to build bones and keep them strong.

Calcium As you age, it is harder for your body to absorb calcium from the foods you eat. You have to eat more foods with calcium to meet your needs of 1200 - 1500 mg calcium per day. Dairy products are high in calcium. If you do not like milk, you can choose other dairy products or items made with milk. If you avoid all dairy products, it is difficult to get the calcium you need.

Protein Your body needs protein from food for your bones. Eat a good protein source at every meal for a total of 70 g protein or more each day. Good sources of protein are meat, poultry, fish, eggs, dairy products, beans, and nuts.

Sample Menu


Breakfast

-  Cheese omelet
- Slice of toast
- Fruit

Morning snack

-  Ensure supplement drink




Lunch

- Vegetable soup
-  Sandwich with 2 oz turkey and 1 oz cheese

Afternoon snack

-  Yogurt with fruit and almonds

Dinner

- 3 oz chicken
-  Au gratin potatoes
-  Steamed broccoli
-  Pudding

 Indicates foods that are high in Calcium

Indicates foods that are high in Protein

See other side for calcium and protein content of selected foods.

Calcium and Protein Content of selected foods

	Serving Size	Calcium (mg)	Protein (g)
Yogurt	8 oz	400	8
Tofu	4 oz	400	9
Green (Collards)	1 cup	350	5
Soy milk, fortified with Calcium	1 cup	300	8
Au gratin potatoes, homemade	1 cup	300	10
Milk (skim, 2%, whole)	1 cup	300	8
Milkshake or Eggnog	1 cup	300	8
Swiss or Gruyere cheese	1 oz	300	8
Cheddar, Colby or mozzarella	1 oz	200	8
Ricotta cheese	1/4 cup	200	7
Salmon, canned	3 oz	200	16
Cheeseburger	3 oz patty	200	30
Lasagna (frozen)	1 cup	200	16
Beans (baked, pinto, kidney)	1 cup	150	15
Pudding, custard, flan	1/2 cup	150	5
Greens (mustard, chard, kale)	1 cup	150	2
American cheese	1 oz	150	6
Parmesan cheese	2 Tbs	150	4
Cottage cheese	1/2 cup	100	15
Ice cream or frozen yogurt	1/2 cup	100	3
Waffle or pancake	4-6" diam.	100	3
Cream of wheat	1 cup	100	3
Almonds	24 whole	100	6
Macaroni and cheese (boxed)	1 cup	100	8

Actual amount varies by brand.

There are other foods not on this list that have calcium and protein.

*For questions or additional information,
Please contact the Registered Dietitians of
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