

Prepared For:		Date:	
Prepared By:		Contact:	

Osteoporosis Nutrition Therapy

- This nutrition therapy was prescribed to prevent and treat weak bones.
- When you have osteoporosis, the strength and size of your bones is reduced. Even a small injury may lead to broken bones.
- This meal plan provides the vitamins and minerals you need for bone health, and may help the drugs used to treat osteoporosis work better.
- It is rich in calcium and vitamin D, has adequate protein, limits sodium, and has 5 servings a day of fruits and vegetables.
- If you can't drink much milk or have other vitamin D–fortified foods, you may need a vitamin D supplement.
- If you need to gain weight, your registered dietitian will adapt this meal plan. You will also want to discuss with a physical therapist which exercises you should do for flexibility, balance, and bone health. Your exercise program will change depending on how your body is working and what you need to improve your health.

Foods Recommended

- Most people need at least 1,000 milligrams (mg) of calcium every day.
- Read Nutrition Facts labels carefully when choosing calcium-fortified foods. The amount of added calcium can vary from food to food.
- The upper limits of safety for calcium are 2,500 mg a day. The amount of calcium you get daily from the combination of food and supplemental calcium should not exceed 2,500 mg.

High-Calcium Foods

Approximate Amount of Calcium Per Serving	Food Choice
400 mg	8 oz yogurt without added fruit ½ cup evaporated skim milk ½ cup dry milk powder
300 mg	8 oz milk (any kind) 8 oz fruited yogurt 8 oz calcium-fortified orange juice ¼ cup parmesan cheese ½ cup part-skim ricotta cheese 1 oz Swiss or Gruyere cheese ½ cup calcium-treated tofu 3 oz canned sardines with bones 1 calcium-fortified cereal bar
200 mg	1 oz natural cheese 1 serving calcium-fortified cereal (may contain up to 1,000 mg calcium)
150 mg	1 packet calcium-fortified instant oatmeal ½ cup pudding, custard, or flan ½ cup cooked collards 3 oz pink canned salmon with bones 2 calcium-fortified graham crackers 1 serving calcium-fortified bread
100 mg	1 oz nonfat cream cheese ½ cup turnip greens or bok choy 1 oz almonds ½ cup ice cream, ice milk, or frozen yogurt ½ cup white beans
50 mg	½ cup broccoli ½ cup kale or mustard greens ½ cup most dried beans ½ cup cottage cheese 1 medium corn tortilla 1 medium orange 1 Tbsp dry milk powder

Foods With Vitamin D

The upper limit of safety for vitamin D is 50 mcg (2,000 IU) per day. Vitamin D-fortified foods include:

- Milk: 8 oz has 2.5 micrograms (mcg) or 100 IU (international units) vitamin D
- Some brands of juice; the amount of vitamin D varies
- Margarine: 1 Tbsp has 1.5 mcg (60 IU) vitamin D
- Soy milk: the amount of vitamin D varies
- Yogurt: 1 cup has 1-2 mcg (40-80 IU) vitamin D

Foods naturally rich in vitamin D include:

- Milk: 8 oz has 2.5 micrograms (mcg) or 100 IU (international units) vitamin D
- Some brands of juice; the amount of vitamin D varies
- Margarine: 1 Tbsp has 1.5 mcg (60 IU) vitamin D
- Soy milk: the amount of vitamin D varies
- Yogurt: 1 cup has 1-2 mcg (40-80 IU) vitamin D
- Cod liver oil: 1 Tbsp has 34 mcg (1,360 IU) vitamin D
- Egg yolks: 1 yolk has 0.625 mcg (25 IU) vitamin D
- Fatty fish, such as tuna, mackerel, and salmon: 3 to 4 oz has 9 mcg (360 IU) vitamin D

Other Recommended Foods

Have 5 to 6 oz lean meat or beans each day. These foods provide the protein your bones need. Also have 5 or more servings of fruits and vegetables each day. Fruits and vegetables provide vitamin C, magnesium, vitamin K, and potassium to strengthen bones.

Foods Not Recommended

A lower-sodium diet helps the body keep calcium, instead of losing it in urine. The milligrams of sodium in a food can be found on the Nutrition Facts label. In general, foods with more than 300 mg sodium per serving may not fit into a lower-sodium meal plan. To follow a lower-sodium diet, avoid the following foods:

- Salt added at the table
- Salted snack foods
- Pickles
- Anything packed in brine, such as sauerkraut
- Canned soups and canned meats
- Processed meats, such as ham, bacon, or luncheon meats
- Smoked or canned fish (except as listed in Recommended Foods)

