

NOF Bone Healthy Ingredients

Instructions: Choose (1) EXCELLENT source of Calcium or (2) GOOD Sources of Calcium PLUS at least 2-3 other bone healthy ingredients from those listed

Excellent Source of Calcium	Good Source of Calcium	Lean Protein	Vitamin D
Milk (1% low fat or fat-free), Low fat buttermilk, non-fat evaporated milk (8oz)	Purchase reduced fat varieties of the following: Mozzarella (1 oz), blue (1 oz), feta (1 oz), cottage (1/2 cup)	Lean cuts of or ground beef, lamb, pork, or veal (1 oz); skinless poultry (1 oz without bone)	A serving size of fish is 3-4 ounces: Eel; trout; swordfish; catfish; mackerel; shiitake mushrooms, sundried (rehydrate to 1 cup); salmon; light tuna; halibut; sardines; flounder or sole; shiitake mushroom, fresh (1 cup per serving to be significant source of vitamin D)
Yogurt or Greek yogurt (1% low fat or fat-free) (6 ounces)	Low fat or fat-free frozen yogurt or frozen Greek yogurt, or light ice cream (1/2 cup)	Game meats- bison, rabbit, venison (1 oz)	Fortified cows milk, low fat or fat free (1 cup per serving to be significant source of vitamin D)
Reduced fat swiss cheese or other hard cheeses (Purchase cheeses containing 20% DV Calcium or more and 5 grams of fat or less per serving) - (1 oz)	Kale, mustard greens, Chinese cabbage (Pak-choi), dandelion greens, okra, peas in pod (1 cup cooked)	Quinoa (1 cup)	Almond, rice, coconut or soy beverages, fortified with 25% or more DV vitamin D (recipe needs to include 8 ounces per serving to be significant source of vitamin D)
Ricotta cheese (part-skim, low fat, or fat-free) (1/3 cup or more)	Canned shrimp or crab (6 oz)	Eggs (1 egg or 2 egg whites)	Orange juice with vitamin D added (recipe needs to include 1 cup per serving to be significant source of vitamin D)
Beans: black-eyed peas, white beans, navy beans, soybeans (1 cup, well-rinsed)	Beans: great northern, navy, white (1 cup).	Fish- catfish, cod, flounder, haddock, halibut, herring, mackerel, pollock, porgy, sardines, salmon, sea bass, snapper, swordfish, trout, tuna (1 oz)	
Collards, okra, turnip greens (1 cup cooked)	Figs (4 dried)	Shellfish- clams, crab, lobster, mussels, octopus, oysters, scallops, calamari, shrimp (1 oz)	
Sardines, canned with bones (3 oz include bones in recipe)	Tofu, prepared with calcium (80 grams or half a block)	Dairy Foods (low fat- 5 grams or less per serving or fat free) milk (8 oz), cheese (hard, 1 oz, cottage or ricotta - 1/4 cup), yogurt (6oz)	
Salmon, canned with bones (3 oz include bones in recipe)	Fortified Foods: Almond beverage with calcium added (4 oz, choose low fat); Coconut beverage with calcium added (4 oz choose low fat); Orange juice with calcium added (4 oz); Rice beverage with calcium added (4 oz, choose low fat); Soy beverage with calcium added (4 oz, choose low fat)	Beans and Peas- black beans, black-eyed peas, chickpeas, kidney beans, lentils lima beans, navy beans, pinto beans, soybeans, split peas, white beans (rinse all beans well) (1/4 cup)	
Fortified Foods: Almond beverage with calcium added (8 oz, choose low fat); Coconut beverage with calcium added (8 oz choose low fat); Orange juice with calcium added (8 oz); Rice beverage with calcium added (8 oz, choose low fat); Soy beverage with calcium added (8 oz, choose low fat); or Cereal with 100% DV calcium added (1/4 cup)		Soy Foods: tofu made added calcium (1/4 cup or 2 oz), tempeh (1 oz), texturized vegetable protein (1 oz); roasted soybeans (1/4 cup) Hummus (2 tablespoons); Nut Butters (1 tablespoon); Unsalted Nuts and Seeds- almonds, cashews, hazelnuts, peanuts, pecans, pistachios, walnuts, pumpkin seeds, sesame seeds, sunflower seeds (1/2 oz)	

Magnesium	Vitamin K	Vitamin C	Potsassium	Omega 3 Fats			
Substitute for refined, white flours: buckwheat flour, whole wheat flour, corn meal, oats (steel cut or whole), bulgur (1/2 cup or more)	Kale; Collards; Spinach*; Turnip Greens; Mustard Greens; Beet Greens*; Dandelion Greens (1 cup)	Fruits and Fruit Juices (1 cup juice or 1 cup fruit) - Apricot nectar, unsweetened; Cantaloupe melon; Grapefruit juice, unsweetened; Kiwifruit; Mango; Orange; Orange juice, unsweetened (fresh or frozen concentrate); Papaya; Pineapple; Strawberries	Vegetables (350 mg per 1 cup): Artichokes; Beet greens, beets; Broccoli, cooked; Brussels sprouts; Carrots, carrot juice; Cucumber with peel; Kohlrabi; Lettuce, iceberg, bibb, boston; Onion; Mushrooms; Parsnips; Plantains; Potato, white or sweet with skin; Pumpkin; Rutabagas; Spinach; Sweet potato; Tomatoes, tomato paste, puree, sauce, canned tomatoes, tomato juice (low sodium); Turnip greens, cooked; Winter squash, all varieties	Oils, Seeds, and Nuts: Flaxseed oil (1 Tbls); Canola (Rapeseed) oil (1 Tbls); Perilla seed oil (1 Tbls); Flaxseeds (1 oz); Chia seeds (1 oz); Hemp seeds (1 oz); Tahini (1 Tbls); Walnuts (1 oz); Soy nuts (1 oz)			
Sweeteners: unsweetened baking chocolate 1 square; dates (1 cup)		Vegetables and Vegetable Juices(1 cup) – Broccoli; Brussels sprouts; Cauliflower; Collards; Kale; Kohlrabi; Peas; Peppers, sweet, red or green; Pepper, hot chili, green or red; Tomato juice, low sodium; V8 juice, low sodium	Protein Foods: Beans: white, soybeans, lima, pinto, lentils, kidney, split peas, navy, lima, cowpeas (1 cup); Fish: Cod, haddock, halibut (Atlantic and Pacific), rockfish, salmon, swordfish, yellowfin tuna, trout (3 oz); Milk, fluid, evaporated, or dry instant (choose 1% or less) (8oz); Yogurt (choose 1% or less)		Other Plant-based Omega 3: Spirulina; Seaweed; Purslane; Edamame (1 cup)		
Nuts and Seeds: brazil nuts, cashews, peanuts, almonds, hazelnuts, filberts, pumpkin seeds, sesame seeds, sesame butter (1 oz)			Fruits (1 cup juice or 1 cup fruit or as listed): Apricots, dried; Bananas; Dates (5); Grapefruit and grapefruit juice, unsweetened; Mango; Melon: cantaloupe, honeydew; Oranges, orange juice, fresh or frozen, unsweetened; Papaya; Peaches, dried 93 halves); Pineapple; Prunes, Prune juice (1/2 cup); Raisins (2 tablespoons or more)			Oily Fish (3 oz): Anchovies; Bass; Bluefish; Capers; Halibut; Herring; Oysters; Mackerel (Atlantic and Pacific); Salmon; Sardines; Smelt; Swordfish; Trout; Tuna	
Certain Vegetables: spinach, swiss chard, okra, collards, artichoke, plantain, sweet potato, potato.			Grains: Buckwheat flour; Bulgur; Barley				
Beans: white, black, lima, black-eyed peas, great northern, pinto, fat-free refried, chickpeas, soybeans (1 cup)							
Tomato paste or puree (1 cup)							
Brown rice (long grain); Couscous (whole grain) (1 cup cooked)							
Fortified soy beverages (low fat or fat-free) or canned evaporated milk (low fat or fat free) (8 oz)							
Fish: Salmon, crab meat, scallops, pollock, pacific rockfish, oysters (3 oz)							