

## 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)							