

OSTEOPENIA & OSTEOPOROSIS TREATMENT AND PREVENTION

Goal: Calcium 1200mg per day and Vitamin D 2000IU per day = 50mcg

SOURCES OF CALCIUM: Here is a list of calcium-rich foods for you to choose from

MILK		MGS	YOGURT	
Milk (skim), 8 oz		302	Nonfat yogurt, 8 oz	452
Milk (whole), 8 oz		291	Low-fat yogurt, 8 oz	415
Low-fat chocolate milk, 8 oz		287	Frozen yogurt, ½ c	90
Buttermilk, 8 oz		285	Yogurt with fruit, low-fat, 6 oz	260
CHEESE			SEAFOOD	MGS
Goat cheese (hard), 1 oz		254	Sardines with bones, 3 oz	370
Part-skim mozzarella, 1 oz		183	Canned salmon with bones, 3 oz	180
American cheese, 1 oz		174	Shrimp, canned, 3 oz	125
Low-fat cottage cheese, 1c		155		
Feta cheese, 1 oz		140	FORTIFIED FOOD	
Grated parmesan cheese, tbsp		69	Orange juice (fortified), 8oz	300
Ricotta, part skim, 4 oz		335	Waffle (frozen, fortified), 1 piece	200
Cheddar, 1 oz		205	Oatmeal (fortified), 1 packet	140
Cottage cheese, 2%, 4 oz		105	English Muffin (fortified), 1	100
VEGETABLES			Cereal (fortified), 8oz	100-1,000
Collards (frozen, chopped), 1c		357	OTHER	
Turnip greens (cooked, frozen), 1c		200	Mac & cheese (frozen), 1 pkg	325
Kale (frozen, chopped), 1c		179	Cheese pizza, 1 slice	290
Broccoli (cooked), 1c		178	Pudding (chocolate, prepared with	
Okra (cooked), 1c		176	2% milk), 4oz	160
Dandelion greens (chopped, cooked), 1c		147	Beans (baked, canned), 4oz	60
Mustard greens (chopped, cooked), 1c		103	Vegetable lasagna, 1 piece	450
Broccoli Rabe (fresh), 8oz		200	Vanilla soft serve ice cream, ½c	113
Soybeans, (green, boiled), 8oz		175	Chocolate soft serve ice cream, ½c	106
Bok Choy (cooked, boiled), 8oz		160	Vanilla ice cream, ½c	85
Figs (dried), 2 figs		65	Almonds, ½c	162
Oranges, 1 whole		55	Kidney beans (cooked), ½c	143
			Chickpeas, ½c	105
			Egg, 1 whole/cooked	55

IMPORTANT REMINDERS

Certain medications and alcohol can reduce daily calcium levels. Talk to your healthcare provider about your calcium needs. Regular exercise is an integral part of maintaining bone health.

Calcium content listed for most foods is estimated and can vary due to multiple factors.