

# Nourishing your bones

## CALCIUM (Ca)

	Serving	Calcium
Wakame	1/2 cup	260mg
Kombu	1/2 cup	152mg
Dulse	1/2 cup	283mg
Broccoli	1 cup	150mg
Kale	1 cup	179mg
Bok choy	1 cup	200mg
Parsley (raw)	1 cup	122mg
Tofu	4oz	80 – 150mg
Chickpeas (cooked)	1 cup	150mg
Corn tortillas	2	120mg
Sardines bones	3.5 oz	300mg
Sesame seeds, ground, whole	3 Tbs	300mg
Almonds	1 cup	300mg
Molasses	1 Tbs	137mg
Milk, skim	1 cup	300mg
Cheese	1.5oz	300mg
Yogurt, nonfat	1 cup	294mg
Soy Milk	1 cup	200-400mg

## VITAMIN D

	Serving	Vitamin D
Sunshine	1 hour a week!	
Salmon	3oz	426IU
Egg	1	30IU
Shitake Mushrooms	1 1/2 oz	260IU
Milk, fortified	1 cup	85IU
Sardines	1oz	95IU
Yogurt, nonfat	1 cup	100IU
Chocolate	1oz	65IU

## VITAMIN K

	Serving	Vitamin K
Canola Oil	1 Tbs	20mg
Collard	1/2 cup	370mg
Broccoli	1 1/2 cup	90mg
Brussels sprouts	1/2 cup	230mg
Chickpeas	1oz	74mg
Romaine Lettuce	1 1/2 cup	190mg
Strawberries	1 cup	21mg
Green tea,	1oz	199mg
Cabbage	1/2 cup	63mg

## Terms associated with bone health

**Bone Remodeling:** Bone resorption and bone formation, a dynamic, normal process.

**Mineralization:** ability of bone to absorb and hold on to minerals, calcium, magnesium, sodium and phosphate

**Osteomalacia:** Adult rickets caused by vitamin D deficiency and low absorption of calcium

**Osteopenia:** reduced bone mass at any stage of life but the remaining bone has normal mineralization

**Osteoporosis:** general loss of bone mass with insufficient protein and collagen reduced flexibility and reduced strength. Risk of fracture increases.

**Resorption:** 2 weeks, osteoclasts clear calcium from bone stores and (bone to blood)

**Rebuilding:** Rebuilding of the osteoblast (blood to bone) is much slower, 3-6 months.

**MAGNESIUM (Mg)**

	<b>Serving</b>	<b>Magnesium</b>
Chocolate chips	¼ cup	58mg
Halibut	3oz	78mg
Kelp	1oz	55mg
Molasses	1 Tbs	52mg
Raisin bran cereal	2oz	96mg
Tofu	½ cup	118mg
Wheat germ	¼ cup	115mg
WW Bread	1 slice	26mg

**PHOSPHORUS (PHOS)**

	<b>Serving</b>	<b>Phos</b>
Egg	1 large	90mg
Pinto beans	1/2 cup	43mg
Salmon	3oz	167mg
Sardines	3oz	424mg
WW bread	1 slice	47mg
Yogurt, plain	8oz	326mg

**VITAMIN C:**

	<b>Serving</b>	<b>Vitamin C</b>
Asparagus	1 cup	49mg
Broccoli	1 cup	97mg
Grapefruit	1 med	41mg
Kiwi	1 small	74mg
Orange	1 med	70mg
Red pepper	1 med	95mg
Strawberries	1 cup	84mg

**PROTEIN**

	<b>Serving</b>	<b>Protein</b>
Almonds	½ cup	14g
Egg	1 large	6g
Peas, dried	½ cup	8g
Pinto beans	½ cup	8g
Salmon	3oz	21g
Turkey	3oz	25g
Tofu	3oz	7g
Yogurt, plain	8oz	12g

**COPPER**

	<b>Serving</b>	<b>Copper</b>
Cashews	¼ cup	.8mg
Molasses	2 tbs	.6mg
Chocolate chips	¼ cup	.5mg
Salmon	3oz	.3mg
Tahini	1 tbs	.2mg
Sunflower seeds	¼ cup	.6mg
Tofu	½ cup	.5mg

**ESSENTIAL FATS**

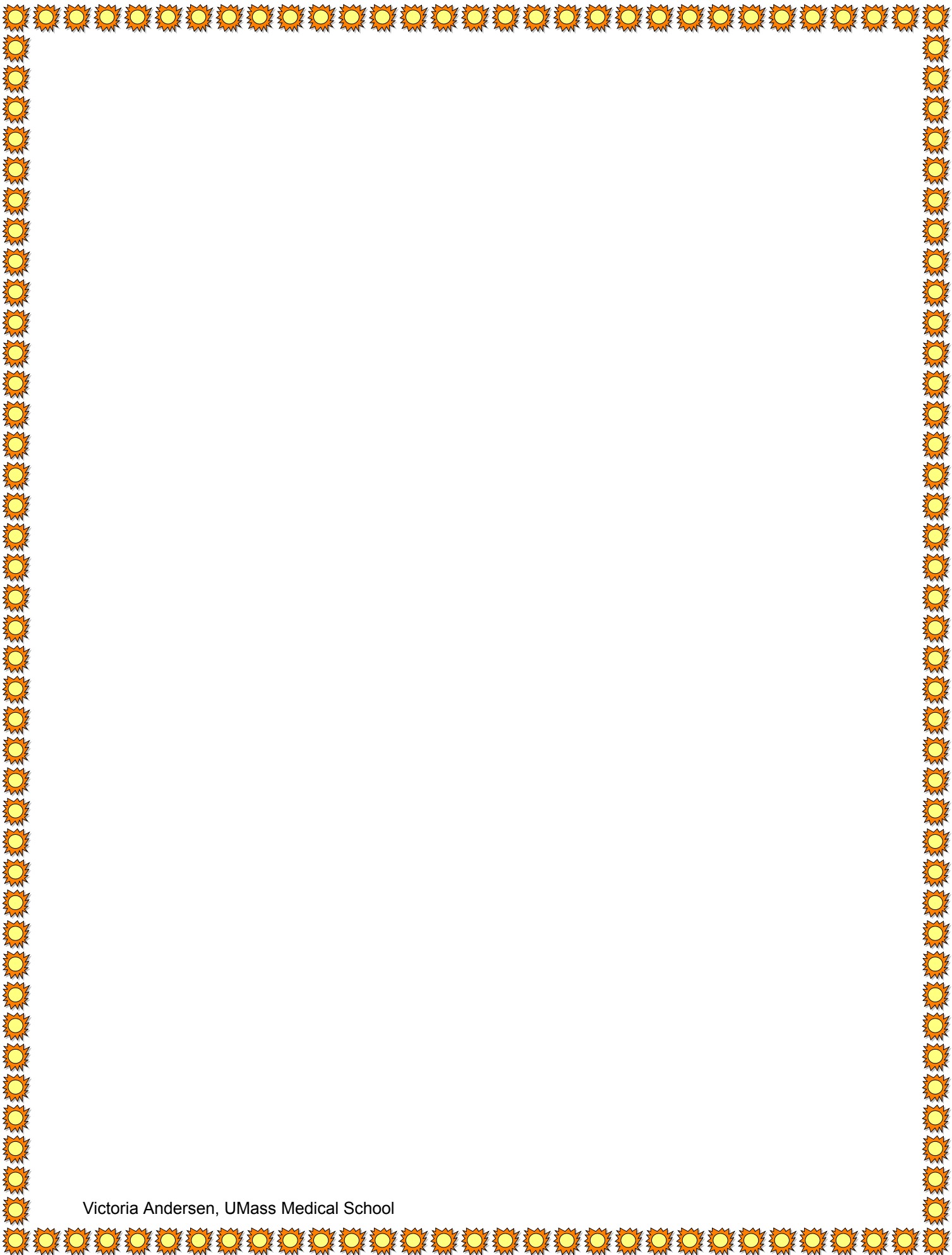
	<b>Serving</b>	<b>Omega 3</b>
Canola Oil	1 tbs	1.3g
Flax oil	1 tbs	6.9g
Flax seed	2 tbs	4.3g
Soynuts, roasted	¾ cup	1.7g
Tuna, canned	1 can	3.4g
Salmon	3.5oz	1.4g
Mackerel (pacific)	3.5oz	2.2g
Walnuts	¾ cup	3.3g
Tofu	½ cup	.4g

**PREBIOTICS**

	<b>Inulin in 100g</b>
Chicory root	1.6g
Asparagus	2.5g
Banana	5g
Globe artichoke	4.4g
Onions	4.3g
Dandelion greens (raw)	13.5g

**PHYTOESTROGENS/ISOFLAVONES (SOY)**

Flax seed
Tofu
Miso
Tempeh



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