

HEALTHY AGING · FREE CHART

THE BONE HEALTH FOOD CHART

Calcium, Vitamin D and Protein Foods at a Glance

FREE
CHART**CALCIUM · VITAMIN D · PROTEIN · A DAY THAT ADDS UP****41**

CALCIUM FOODS

10

VITAMIN D FOODS

1

DAY THAT ADDS UP

3

DAILY TARGETS

PRINT IT, STICK IT ON THE FRIDGE

The Bone Health *Food Chart*

How much calcium and vitamin D adults over 50 need, the foods that supply them with numbers per portion from USDA data, protein foods, the habits to keep moderate, and one day of meals that adds up. Food only: your doctor handles your scan results and any treatment.

How much a day

NIH

WHO	CALCIUM	VITAMIN D
Women 51 to 70	1,200 mg	600 IU (15 mcg)
Men 51 to 70	1,000 mg	600 IU (15 mcg)
Everyone 71 and older	1,200 mg	800 IU (20 mcg)

<p>RULE 1</p> <p>Calcium at every meal</p> <p>Dairy, fish with soft bones, calcium-set tofu or greens.</p>	<p>RULE 2</p> <p>Protein on every plate</p> <p>Fish, chicken, eggs, beans, tofu or yogurt.</p>	<p>RULE 3</p> <p>Ask about vitamin D</p> <p>Few foods have much; ask whether to test.</p>	<p>RULE 4</p> <p>Spread it out</p> <p>Smaller amounts through the day.</p>
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TWO OR THREE TIMES A WEEK

Strength moves that get a little harder each week.

Where calcium comes from

AT A GLANCE

WHERE CALCIUM COMES FROM

DAIRY



milk yogurt cheese

FISH WITH SOFT BONES



sardines canned salmon

PLANT FOODS



tofu fortified soy drink white beans

GREENS



kale bok choy broccoli

NUTS AND SEEDS



almonds sesame

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DAIRY

Milk, plain yogurt, kefir and cheese are the easiest sources: a cup of plain low-fat yogurt brings about 450 mg.

FISH WITH SOFT BONES

Canned sardines and canned salmon count only with the soft bones in. Mash them into the fish.

TOFU AND SOY

Tofu made with calcium sulfate and soy drinks with added calcium. Check the label: it varies a lot by brand.

GREENS

Collards, turnip greens, kale and bok choy. Spinach is high on paper, but little of its calcium is absorbed.

NUTS, SEEDS, FRUIT

Almonds, sesame, chia, dried figs and oranges add smaller amounts through the day.



The calcium chart

USDA

Calcium per portion from USDA FoodData Central. Fortified foods and tofu vary by brand: the label's % Daily Value is the number to trust.

MILK, YOGURT AND CHEESE

FOOD	PORTION	CALCIUM
Milk, 1%	1 cup	305 mg
Milk, fat-free	1 cup	299 mg
Plain low-fat yogurt	1 cup	448 mg
Plain Greek yogurt, low-fat	1 cup	261 mg
Plain low-fat kefir	1 cup	316 mg
Cheddar cheese	1 oz	199 mg
Swiss cheese	1 oz	249 mg
Mozzarella, part-skim	1 oz	195 mg
Parmesan, grated	2 tbsp	85 mg
Ricotta, part-skim	1/2 cup	337 mg
Cottage cheese, 2%	1 cup	251 mg
Feta cheese	1 oz	138 mg

FISH WITH SOFT, EDIBLE BONES

FOOD	PORTION	CALCIUM
Sardines in oil, with bones	3 oz	325 mg
Sardines in tomato sauce, with bones	3 oz	204 mg
Canned pink salmon, with bones	3 oz	241 mg
Light tuna, canned in water	3 oz	14 mg
Shrimp, raw	3 oz	54 mg

TOFU, SOY AND BEANS

FOOD	PORTION	CALCIUM
Firm tofu, made with calcium sulfate	1/2 cup	861 mg
Edamame, frozen	1/2 cup	45 mg
White beans, canned	1/2 cup	96 mg
Navy beans, canned	1/2 cup	62 mg
Chickpeas, canned	1/2 cup	54 mg
Pinto beans, canned	1/2 cup	76 mg
Tempeh	1/2 cup	92 mg

GREENS AND VEGETABLES

FOOD	PORTION	CALCIUM
Collard greens, cooked	1 cup	268 mg
Turnip greens, cooked	1 cup	197 mg
Kale, cooked	1 cup	177 mg
Bok choy, cooked	1 cup	158 mg
Broccoli, cooked	1 cup	62 mg
Okra, cooked	1 cup	123 mg
Kale, raw	1 cup chopped	53 mg
Spinach, cooked (see the note)	1 cup	245 mg

NUTS, SEEDS AND FRUIT

FOOD	PORTION	CALCIUM
Almonds	1 oz (23)	75 mg
Sesame seeds	1 tbsp	88 mg
Tahini	1 tbsp	21 mg
Chia seeds	2 tbsp	151 mg
Almond butter	2 tbsp	111 mg
Dried figs	1/4 cup	60 mg
Orange	1 medium	52 mg

FORTIFIED DRINKS

FOOD	PORTION	CALCIUM
Soy drink with added calcium	1 cup	299 mg
Orange juice with added calcium and vitamin D	1 cup	349 mg

Vitamin D and protein foods

USDA

VITAMIN D

FOOD	PORTION	IU
Atlantic salmon, farmed, raw	3 oz	376
Rainbow trout, farmed, cooked	3 oz	648
Canned pink salmon, with bones	3 oz	492
Sardines in oil, with bones	3 oz	164
Light tuna, canned in water	3 oz	40
Egg, whole	1 large	40
Milk, 1%, vitamin D added	1 cup	116
Soy drink, calcium and vitamins added	1 cup	108
Orange juice with added calcium and vitamin D	1 cup	100
Mushrooms exposed to UV light, raw	1/2 cup	548

PROTEIN

FOOD	PORTION	PROTEIN
Chicken breast, raw	4 oz raw (about 3 oz cooked)	25 g
Ground turkey, 93% lean, raw	4 oz raw	21 g
Canned pink salmon, with bones	3 oz	20 g
Plain Greek yogurt, low-fat	1 cup	23 g
Cottage cheese, 2%	1 cup	24 g
Egg, whole	2 large	13 g
Firm tofu, made with calcium sulfate	1/2 cup	22 g
Lentils, dry	1/4 cup dry (about 3/4 cup cooked)	12 g
Edamame, frozen	1 cup	17 g
Milk, 1%	1 cup	8 g
Almonds	1 oz (23)	6 g
White beans, canned	1/2 cup	10 g

VITAMIN D

- 600 IU a day to age 70, 800 IU from 71 (NIH).
- Few foods have much: oily fish, UV-exposed mushrooms and fortified drinks.
- Ask your doctor whether to test your level.

PROTEIN

- At least 1.0 to 1.2 g per kg of body weight a day after 65 (PROT-AGE).
- For 150 lb (68 kg): about 68 to 82 g a day.
- With kidney disease, ask your doctor first.

Keep these moderate

Salt and salty foods

Examine's summary of the research links a low sodium intake with better bone health. Choose low-sodium canned foods and season with herbs and lemon.

Alcohol

A low alcohol intake is linked with better bone health, and alcohol also makes falls more likely. Ask your doctor what is right for you.

Caffeine

A low caffeine intake is linked with better bone health. Keep coffee, tea and energy drinks moderate.

Spinach as a calcium source

Spinach is high in calcium on paper, but the NIH notes that the body absorbs little of it. Count kale, bok choy and collards instead.

Very low-protein eating

Low-protein diets are linked with less bone mass in older adults. Put protein on every plate.

A day that adds up

TRY IT

One day from The Bone-Healthy Recipe Book, with the calcium and protein per serving from USDA data:

MEAL	WHAT	CALCIUM	PROTEIN
Breakfast	Yogurt Almond Berry Bowl	491 mg	16 g
Lunch	Sardine and White Bean Salad	273 mg	22 g
Dinner	Lighter Chicken Parmesan with Green Beans	374 mg	52 g
Snack	A glass of 1% milk (1 cup)	305 mg	8 g
The day		1,443 mg	98 g

My calcium day

ADDS ITSELF UP

MEAL	WHAT I ATE	CALCIUM (MG)
Breakfast	<input type="text"/>	<input type="text"/>
Lunch	<input type="text"/>	<input type="text"/>
Dinner	<input type="text"/>	<input type="text"/>
Snack	<input type="text"/>	<input type="text"/>
Drink	<input type="text"/>	<input type="text"/>
My day		<input type="text"/>



From a chart to a plan

This chart covers food. **Strong Bones After 50** is the full 12-week plan: twelve bone-loading moves with photos and safe form, a calcium tally that adds itself up, vitamin D and protein worked out, a home safety walk-through and a log for every scan. **The Bone-Healthy Recipe Book** adds 40 recipes with calcium counted.

STRONG BONES AFTER 50

- 12 moves with photos and a "skip if" box
- A 12-week ladder and three session logs
- Calcium chart and a two-week tally
- Protein planner from your weight
- CDC self-checks and home checklist
- Scan log and questions for your doctor

SEE THE PLAN →

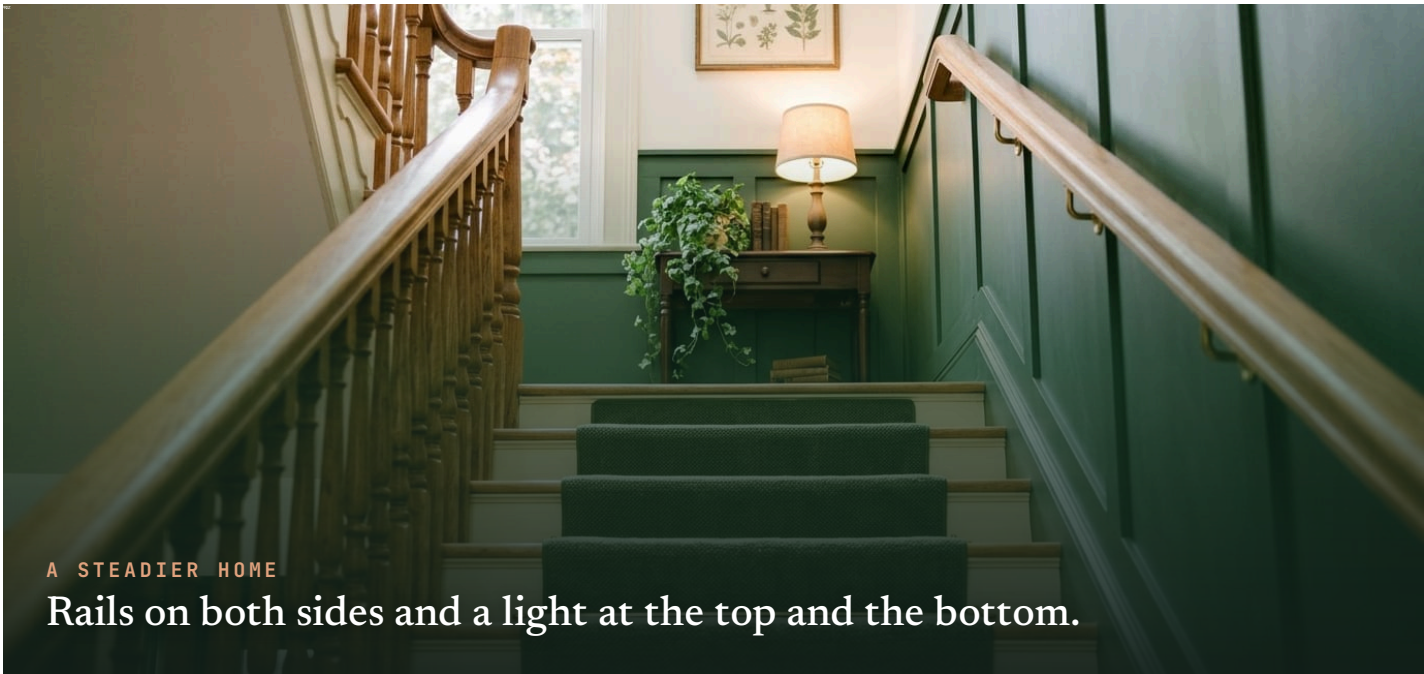
THE BONE-HEALTHY RECIPE BOOK

- 40 recipes, each serves 2
- At least 200 mg calcium a serving, every meal
- Calcium, vitamin D and protein per serving
- Numbers from USDA

SEE THE RECIPE BOOK →

SOURCES • FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM

NIH Office of Dietary Supplements. Calcium and Vitamin D fact sheets	Daily calcium and vitamin D for adults 51 and older; spinach calcium is poorly absorbed
Bauer J, et al. PROT-AGE Study Group. J Am Med Dir Assoc. 2013;14(8):542–559	At least 1.0 to 1.2 g protein per kg a day after 65
Examine. How can diet affect bone health? (citing Cashman 2007; Sahni 2015)	Calcium, vitamin D and protein matter most; low alcohol, caffeine and sodium linked with better bone health
USDA FoodData Central, SR Legacy (April 2018)	Every number per portion



A STEADIER HOME
Rails on both sides and a light at the top and the bottom.

THIS WEEK

A calcium food at every meal.



01 • KNOW YOUR NUMBER

1,000 or 1,200 mg a day.

02 • PICK FROM THE CHART

Dairy, fish with bones, tofu, greens.

03 • ADD IT UP

One day, written down.

THE NEXT STEP

Strong Bones After 50



This chart covers food. The full plan adds 12 bone-loading moves with photos and safe form, a 12-week ladder, a calcium tally, a home safety walk-through and a scan log.

- 12 moves and a 12-week ladder
- Calcium and protein worked out
- CDC home safety checklist

SEE THE PLAN →

Keep reading on healthsecrets.com

FREE • FACT-CHECKED GUIDES

CALCIUM

Calcium and Bone Health: Complete Supplement Guide

How much calcium adults need, food sources, and what to know before taking a supplement.

healthsecrets.com/supplements/calcium-and-bone-health-complete-...

VITAMIN D

Vitamin D Complete Guide: Benefits, Dosing & Best

What vitamin D does, where it comes from, and the questions to ask about testing.

healthsecrets.com/supplements/vitamin-d-complete-guide →

EXERCISE

Exercise for Longevity Guide | Optimal Types

Strength, cardio and balance work as you get older, and how much is enough.

healthsecrets.com/longevity/exercise-longevity-guide →

PROTEIN

Protein and Immune Function: How Much Do You Really Need?

Why protein matters at every age, and simple ways to get enough.

healthsecrets.com/immune-system/protein-immune-function →



Health Secrets publishes food-first, fact-checked guides and practical planners. Every guide above is free to read at healthsecrets.com.

Take the posture, pain and movement quiz →

Read the calcium and bone health guide →

Read the vitamin D guide →

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