

PROGRAM Bone Health

Breakfast

Flaxseed muffin with 1 Tbsp. almond butter or Tahini, 6 oz. organic milk

8 oz. Yogurt with 2 Tbsp. walnuts and ½ cup berries

2 egg omelet, 1 slice whole grain toast with almond butter or tahini, organic milk

¾ cup oatmeal with 2 Tbsp. of sesame seeds, 6 oz. organic milk

¼ cup almonds and/or sesame seeds puréed for 10-30 seconds in small grinder or food processor with 2 tsp. maple syrup

Lunch and Dinner

Assorted cheeses, sliced Granny Smith apple

4 oz. water packed tuna, 1 Tbsp. Pesto sauce, assorted chopped vegetables,
1 whole wheat Pita, one medium orange

1 ½ cups bean salad (baked beans, soybeans, chickpeas, white, and pinto beans),
Goat cheese with herbs, 2 cups steamed vegetables, ½ cup blueberries

3-4 slices fresh turkey, Dijon mustard, 2 slices whole wheat/flax bread, lettuce and sliced
tomato, mustard or mayo, and spinach salad with flax/olive oil dressing

1 cup whole grain pasta, tomato sauce, grated cheese, 1 cup steamed broccoli, green salad with
Tahini-miso dressing

6 oz. Sesame or hazelnut crusted salmon, stir fried broccoli with melted cheese,
salad with flax oil dressing, red clover tea

Broiled breast of free-range chicken, 1 cup brown rice pilaf, 1 cup steamed carrots,
bok choy or green salad with Tahini-miso flax oil dressing, 1 apple

10 broiled scallops (contain 280 mg calcium!), 1 cup whole grain pasta, 1 cup steamed
asparagus, spinach salad w/ flax oil dressing, ½ cup strawberries

Salmon burger patties made with 6 oz. chopped salmon, onions, dill, an egg, and ¼ cup
ground sesame seeds, and sautéed in skillet with 1 Tbsp. butter

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Snacks

Sesame seeds (loaded with calcium), Tahini (puréed sesame seeds) on a cracker, almonds, almond butter, hazelnuts, cashews, or walnuts, BGH-free milk or goat's milk or yogurt, fresh assorted vegetables with tahini dip, fresh vegetable juice

Avoid

Smoking, coffee, caffeine, soda, sugar, salt, alcohol, steroid medications

Beverages

8 oz. Fresh mixed vegetable juice, Green Magma, Kyogreen, or Green Kamut
Herb Teas: Red Clover Tea, Licorice Tea

Suggestions And Goals

Osteoporosis can be prevented and reversed by optimal nutrition. Weight bearing exercise is extremely important to strengthen bones. Serum vitamin D levels are a must test for all older adults, especially those with osteoporosis. Vitamin D is the most important nutrient for bone health, and acute deficiencies may require vitamin D by injection to reverse. In the winter, vitamin D cannot be made from sunshine. Aging skin also makes less vitamin D.

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