

Bone nutrition *across the lifespan.*

Calcium, vitamin D, protein & fracture-prevention MNT.
Built on **NOGG 2024 · IOF · ESCEO · Endocrine Society ·**
EWGSOP₂.

Inside this preview: the Clinical Guide cover, contents page and a chapter sample, the Patient Handout Pack cover and a handout sample, a complete recipe card from the Recipe Collection, and a full contents map of the bundle.



SWIPE TO EXPLORE

A CLINICAL GUIDE

The *Osteoporosis* Nutrition Handbook



Fig. 35 · Trabecular bone

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Calcium

Calcium is the **most abundant mineral in the body**, with 99% stored in bone and teeth. It provides structural rigidity to the skeleton through hydroxyapatite crystals $[Ca_{10}(PO_4)_6(OH)_2]$. The remaining 1% in blood and soft tissues is critical for nerve conduction, muscle contraction, blood clotting, and enzyme function.

Calcium Requirements by Age

AGE GROUP	RDA (MG/DAY)	UPPER LIMIT (MG/DAY)	NOTES
Children 1–3 years	700	2500	Rapid bone growth
Children 4–8 years	1000	2500	Building peak bone mass
Adolescents 9–18 years	1300	3000	Period of most rapid bone accretion. 40% of total adult bone mass is laid down during adolescence.
Adults 19–50 years	1000	2500	Maintaining peak bone mass
Women 51–70 years	1200	2000	Post-menopause: increased needs due to oestrogen withdrawal
Men 51–70 years	1000	2000	No menopause-related increase needed yet
Adults ≥71 years	1200	2000	Reduced absorption efficiency, rising PTH, vitamin D deficiency

Volume

Nº 08

VOL. Nº 08

BONE CATALOG
EDITION · 2026.06

PATIENT HANDOUT PACK

The *Osteoporosis* Handout Pack



Fig. 96 · Spine

FOOD	SERVING SIZE	CALCIUM (MG)
Canned salmon (with bones)	100 g	240
Calcium-set tofu	100 g	350
Calcium-fortified plant milk	250 ml	300
Kale, cooked	100 g	150
Broccoli, cooked	100 g	47
Bok choy, cooked	100 g	105
Almonds	30 g (small handful)	75
Dried figs	4 figs (60 g)	96
Sesame seeds / tahini	1 Tbsp	88

Practical Tips to Reach Your Daily Target

- Aim for **3 dairy servings per day** (e.g. glass of milk + yoghurt + cheese on a sandwich)
- Add milk to tea, coffee, porridge, and smoothies
- Sprinkle grated cheese on soups, salads, and vegetables
- Keep yoghurt pots at work or in the car for convenient snacking
- Use canned fish **with the bones** — mash them in; they are soft and edible
- Choose calcium-fortified foods when shopping (plant milks, cereals, orange juice)

Daily Calcium Tracker

Use this tracker to see if you are reaching your target. Write what you ate and estimate the calcium.

MEAL / SNACK	FOOD EATEN	CALCIUM (MG)
Breakfast		
Mid-Morning		
Lunch		
Afternoon		
Dinner		
Evening		
Daily Total		

SECTION 2

Lunch

Calcium-packed midday meals to keep bones strong throughout the day.

Salmon & Kale Caesar Salad

Canned salmon with bones, massaged kale, and a creamy Parmesan dressing

HIGH-CALCIUM

OMEGA-3

VITAMIN D

HIGH-PROTEIN

510
CALCIUM (MG)

420
KCAL

32g
PROTEIN

2
SERVES

15
MIN

Ingredients

- 1 tin (210 g / 7½ oz) canned salmon with bones
- 150 g (5½ oz) kale, stems removed, finely shredded
- 30 g (1 oz) Parmesan cheese, shaved
- 1 Tbsp lemon juice
- 2 Tbsp plain yoghurt
- 1 tsp Dijon mustard
- 1 clove garlic, minced
- 1 Tbsp olive oil
- Croutons (optional)

Method

1. Massage the shredded kale with 1 tsp olive oil and a squeeze of lemon for 2 minutes until softened.
2. Whisk together yoghurt, remaining olive oil, lemon juice, mustard, and garlic to make the Caesar dressing.
3. Drain the canned salmon and gently flake, keeping the soft bones intact — mash them lightly into the fish.
4. Toss the kale with the dressing. Top with flaked salmon and Parmesan shavings.
5. Add croutons if desired. Divide between two plates and serve.

ALLERGENS · Contains: Milk, Fish, Mustard, Gluten (wheat/barley/rye/oats) — optional croutons. Always check labels on packaged items (stocks, sauces, plant milks, breads) and confirm with the patient.

12g
CARBS

22g
FAT

3g
FIBRE

8.5
VIT D (MCG)

The *Osteoporosis* Nutrition Handbook

You have just previewed 6 pages. Below is what's in the full bundle.

PART ONE

Clinical Guide

12 CHAPTERS · 83 PP

- Understanding osteoporosis
- Risk factors & screening (FRAX)
- Calcium · vitamin D · protein
- Other key nutrients for bone health
- Dietary patterns for bone health
- Nutrition in fracture recovery
- Falls risk & sarcopenia
- Special populations · case studies

PART TWO

Patient Handout Pack

14 PRINT-READY
HANDOUTS

- Understanding Your Bones & Osteoporosis
- Calcium — Your Most Important Bone Nutrient
- Calcium Without Dairy
- Vitamin D & Your Bones
- Protein for Strong Bones
- Foods That Help & Hinder Your Bones
- Eating After a Fracture
- Preventing Falls Through Nutrition
- Calcium Supplements — Do You Need Them?
- Bone Health at Every Age
- Bone Health for Vegetarians & Vegans
- Your Bone Health Action Plan
- 7-Day Meal Plan & Shopping List
- Supplement & Bone-Health Monitoring Log

PART THREE

Recipe Collection

46 BONE-FRIENDLY
RECIPES

- Breakfast · lunch · dinner
- Snacks · desserts
- Calcium per serve called out
- Vitamin D rich options flagged
- Plant-based options included

\$89

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