

# Shop for Stronger Bones

## Fill your cart with foods rich in calcium and vitamin D!



### DAIRY FOODS:

- Cheese\*
- Milk\*
- Dry milk powder\*
- Yogurt\*

\*Choose low fat (1% or less)

-Lactose-free dairy foods are also rich in calcium & vitamin D.

### BEVERAGES WITH CALCIUM & VITAMIN D ADDED:

- 100% fruit & vegetable juices^
- Almond beverages^
- Cashew beverages^
- Coconut beverages^
- Hazelnut beverages^
- Hemp beverages^
- Oat beverages^
- Rice beverages^
- Soy beverages^

^Check label for calcium & vitamin D content

### FOODS WITH CALCIUM & VITAMIN D ADDED:

- Cereals °
- Granola and nutrition bars °
- Pasta °
- Tofu °
- Waffles °

°Check label for calcium & vitamin D content

### BEANS & NUTS:

- Almonds
- Beans
- Soy nuts (roasted)

### PRODUCE:

- Amaranth greens
- Bok choy
- Broccoli
- Collard greens
- Dandelion greens
- Figs (dried)
- Kale
- Mustard greens
- Okra
- Shiitake mushrooms (sun-dried)
- Snow peas
- Turnip greens

### FISH & POULTRY:

- Catfish
- Eel
- Eggs
- Flounder/sole
- Halibut
- Mackerel
- Salmon
- Salmon (canned, eaten with bones)
- Sardines
- Sardines (canned, eaten with bones)
- Swordfish
- Trout
- Tuna (light)

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