

SHOPPING FOR STRONG BONES

Printable Grocery List



To grow strong, your daughter's bones need a balanced diet that includes foods with calcium and vitamin D. She should aim for 1,300 milligrams (130% Daily Value) of calcium and 200 IU (international units) of vitamin D each day.

★ The starred items may naturally contain, or be fortified with, calcium and/or vitamin D. Make sure you check the food label.

Milk and Milk Products

(Low fat or fat free)

- American cheese ★
- Butter or margarine ★
- Cheddar cheese ★
- Cottage cheese ★
- Cream cheese ★
- Milk ★
- Ricotta cheese ★
- Soy drink ★
- String cheese ★
- Yogurt ★

Fruits (Fresh or packed in 100 percent juice)

- Apples
- Bananas
- Cherries
- Grapes
- Mangoes
- Melons
- Oranges ★
- Peaches
- Pears
- Pineapples
- Strawberries ★
- Tomatoes

Grains

- Brown rice ★
- English muffins (enriched) ★
- Popcorn (no added fat or salt)
- Oatmeal ★
- Whole grain bread ★
- Whole-grain cereals (ready to eat) ★
- Whole-grain pasta ★
- Whole-wheat tortillas ★
- Whole-wheat pitas ★

Protein

- Beef (lean)
- Chicken (lean whole, parts or ground)
- Eggs
- Fish (salmon or tuna) ★
- Nuts
- Pork (lean chops or loin)
- Tofu (look for calcium sulfate on label) ★
- Turkey (lean whole, parts or ground)
- Turkey or soy hot dogs ★
- Veggie burgers ★

Vegetables (Choose more often without sauces)

- Beans ★
- Bok choy (Chinese cabbage) ★
- Broccoli ★
- Carrots
- Celery
- Collard greens ★
- Corn
- Cucumber
- Kale ★
- Lettuce
- Onions
- Peppers
- Potatoes
- Spinach ★

Other

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes:

<http://www.bestbonesforever.gov>



U.S. Department of Health and Human Services,
Office on Women's Health