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Bone Building Nutrients

| Nutrient | Daily Intake | Healthiest Food Sources |
|-------------|--------------------------|--|
| Calcium | 1,000- 1,200 mg/day | Dairy products, Leafy green veggies, Canned Sardines, Almonds, Chia & Sesame seed |
| Phosphorus | 700 mg/day | Pumpkin & Chia seeds, Salmon, Dairy, Pork, Beef, Fish, Lentils, Soy |
| Magnesium | 500 mg/day | Dark leafy greens, Nuts and Seeds, Mackerel, Beans, Lentils, Brown rice, Avocado |
| Silica | 10 mg/day | Oats, Millet, Barley, Raisins, Potatoes, Artichokes, Beets, Asparagus, Brown rice |
| Zinc | 20 mg/day | Shell fish, Beef, Lamb, Wheat Germ, Spinach, Nuts, Seeds, Chicken, Beans |
| Manganese | 10 mg/day | Nuts, Seeds, Beans, Fish, Oats, Spinach, Kale, Collards, Tea, Tofu, Sweet potatoes |
| Copper | 2 mg/day | Shell fish, Kale, Mushrooms, Seeds, Nuts, Beans, Avocadoes, Goat cheese |
| Boron | 3-6 mg/day | Raisins, Nuts, Apricots, Prunes, Dates, Kidney Beans, Peanut butter, Lentils |
| Potassium | 4,700 mg/day | Beans, Dark leafy greens, Potatoes, Avocado, Low fat yogurt, Bananas, Fish |
| Strontium | 10 mg/day | Seafood, Full fat dairy products, Spinach, Whole grains, Brazil nuts |
| Selenium | 55 mcg/day | Tuna, Shrimp, Sardines, Cod, Eggs, Asparagus, Turkey, Barley, Brazil nuts, Mushrooms |
| Vitamin D | 1,000+ IU/day | Cod liver oil, Fish, Eggs, Fortified diary, Soy, Cereal products |
| Vitamin A | 3,500 IU | Sweet potatoes, Carrots, Dark leafy greens, Dried Apricots, Cantaloupe, Paprika |
| Vitamin C | 1,000 mg/day | Peppers, Dark leafy greens, Broccoli, Cauliflower, Kiwi, Oranges, Strawberries |
| Vitamin K | 1,000 mcg/day | Dark leafy greens, Scallions, Brussel sprouts, Broccoli, Asparagus, Cabbage, Prunes |
| Vitamin K2 | 150 mcg/day | Butter, Egg yolks, Hard cheese, Natto, Dark chicken meat, Kefir, Miso |
| Vitamin B12 | 100 mcg/day | Fish, Beef, Low fat dairy, Eggs, Fortified cereals and Soy products |
| Vitamin B6 | 25 mg/day | Wheat and Rice bran, Pistachios, Garlic, Fish, Pork, Molasses, Turkey Breast |
| Folic Acid | 800 mcg/day | Beans, Lentils, Spinach, Asparagus, Avocado, Broccoli, Tropical fruits, Wheat bread |
| Omega 3 Fat | 2000 mg/day | Ground flax seeds, Chia seeds, Walnuts, Sardines, Salmon, Omega 3 enriched eggs |
| Protein | 1.0-1.2 g/kg body weight | Wild-caught Fish, Lentils, Beans, Organic Chicken, Free-range Eggs, Grass-fed Beef |