



Fueling Strong Bones and Teeth: Nutrition Tips

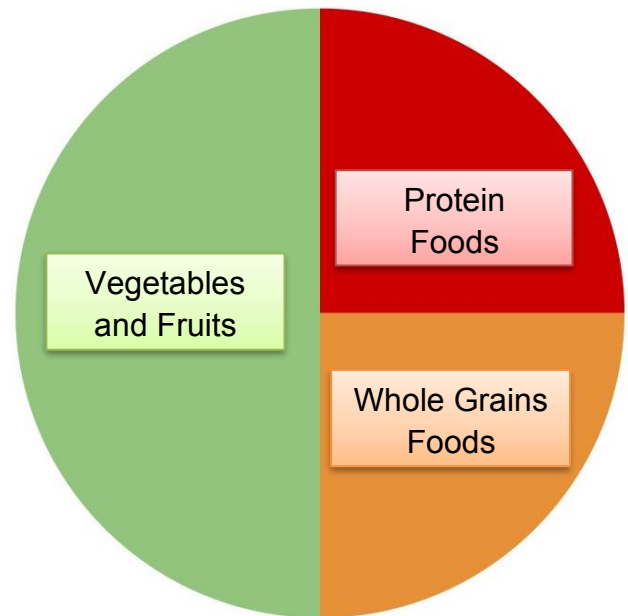
Eating well helps keep your bones and teeth strong

Make your Plate!

Try following Canada's food guide plate to eat a variety of foods each day.

At each meal:

- Have plenty of vegetables and fruits
- Choose whole grain foods
- Eat protein foods



Calcium: helps to build bones and to keep them strong.

Best sources of calcium

- Milk, fortified plant-based beverages, skim milk powder
- Plain yogurt, fortified plant-based yogurt
- Hard cheese (Cheddar, Swiss, Gouda), ricotta cheese
- Tofu made with calcium

Good sources of calcium

- Salmon or sardines, canned with bones
- Mackerel, canned
- Kefir, paneer, parmesan, camembert, feta cheese

Sources of calcium

- Almonds, almond butter, Brazil nuts
- Cooked leafy greens (bok choy, okra, mustard greens, kale)
- Chia or poppy seeds
- Baked beans, canned
- Seaweed
- Evaporated milk
- Cottage cheese

Vitamin D: helps to absorb and use calcium.

You can get vitamin D from:

- Foods
 - Egg yolks
 - Soft margarine
 - Fatty fish (salmon, arctic char, rainbow trout)
 - Unsweetened lower fat milk or plant-based beverage
 - Fortified foods (some cereals, milk products, plant-based products)
- Supplements
- Sunlight

If you are 51 or over, take a daily 400 IU vitamin D supplement.

Protein: helps to build and repair bones.

Sources of protein:

- Beans, peas, lentils
- Nuts, seeds, and nut butters
- Fortified soy beverage, tofu, tempeh, soybeans
- Eggs, lower fat dairy products
- Lean meat, poultry, fish, shellfish

Eat protein foods at every meal.

Start Here!

- Read the nutrition facts table on food packages to find good sources of calcium and vitamin D. Look for 15% or more daily value.
- Add skim milk powder or evaporated milk to your recipes.
- Try soft margarine on whole grain toast for added vitamin D.
- Add canned salmon or sardines to your salad.
- For dessert, have plain yogurt with fruit, or milk-based pudding.