

# Bone-Building Meal Plan for Seniors

**Disclaimer:** This meal plan is a general guideline and should not be considered a substitute for personalized dietary advice from a registered dietitian or healthcare professional. Please consult your doctor before making significant changes to your diet, especially if you have any existing health conditions.

## Breakfast

- **Option 1:** Greek yogurt with berries and a sprinkle of almonds.



bowl of Greek yogurt with berries and almonds

- **Option 2:** Oatmeal with milk, chopped fruit, and a tablespoon of chia seeds.



bowl of oatmeal with milk, fruit, and chia seeds

- **Option 3:** Scrambled eggs with spinach and whole-wheat toast.



scrambled eggs with spinach and wholewheat toast

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## Lunch

- **Option 1:** Salad with grilled salmon, mixed greens, cherry tomatoes, cucumbers, and a light vinaigrette.



salad with grilled salmon, mixed greens, cherry tomatoes, and cucumbers

- **Option 2:** Lentil soup with a side of whole-grain bread and a piece of fruit.



bowl of lentil soup with wholegrain bread and a piece of fruit

- **Option 3:** Tuna salad sandwich on whole-wheat bread with a side of carrot sticks and hummus.



tuna salad sandwich on wholewheat bread with carrot sticks and hummus

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## Snacks

- **Option 1:** A handful of almonds or walnuts with a piece of fruit.



handful of almonds and a piece of fruit

- **Option 2:** Cottage cheese with sliced peaches or pineapple.



cottage cheese with sliced peaches

- **Option 3:** Yogurt parfait with granola and berries.



yogurt parfait with granola and berries

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## Dinner

- **Option 1:** Baked chicken breast with roasted vegetables (broccoli, carrots, sweet potatoes) and brown rice.



baked chicken breast with roasted vegetables and brown rice

- **Option 2:** Tofu stir-fry with mixed vegetables and quinoa.



tofu stirfry with mixed vegetables and quinoa

- **Option 3:** Salmon with steamed green beans and a baked potato with Greek yogurt.



salmon with steamed green beans and a baked potato with Greek yogurt

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## Additional Tips:

- **Hydration is key:** Aim to drink plenty of water throughout the day.
- **Sunlight Exposure:** Spend some time outdoors in the sun to help your body produce vitamin D.
- **Supplements:** Talk to your doctor about calcium and vitamin D supplementation if necessary.
- **Variety is important:** Include a variety of foods from all food groups to ensure you're getting a wide range of nutrients.
- **Enjoy your food:** Eating should be a pleasurable experience. Savor each bite and make mealtimes social whenever possible.

## Remember:

This is just a sample meal plan, and individual needs may vary. It is always best to consult with a registered dietitian or healthcare professional for personalized dietary advice.

**Download this Bone-Building Meal Plan** for a week's worth of delicious and nutritious ideas to support your bone health!