

Nutrition for Health and Wellness

June 2026

1. Hardest Nutrients to Obtain Through Food: NHANES 2007-2010 US National Intake Survey:
<https://lpi.oregonstate.edu/mic/micronutrient-inadequacies/overview#reference26>
 - a. Vitamin D: 94% don't get enough through food - fatty fish, fortified foods, sunlight
 - b. Magnesium: 52% - nuts, seeds, beans, avocado, whole grains, bananas, dark chocolate
 - c. Calcium: 44% - dairy products, leafy greens, canned salmon/sardines, tofu, fortified foods
 - d. Potassium: 100% - bananas, avocados, sweet potatoes, peppers
 - e. Vitamin E: 88% - nuts, seeds, oils
 - f. Vitamin A: 43% - liver, cod liver oil, dairy, eggs, sweet potato, leafy greens, orange/yellow produce
 - g. Vitamin C: 38.9% - citrus, papaya, cantaloupe, peppers, tomatoes, strawberries
 - h. Others: B12, Iron, Choline, Vitamin K, Fiber
2. AlgaeCal and Additional Bone Supplement Options
 - a. AlgaeCal Plus: 13 minerals + 3 vitamins from marine algae; clinically studied; take with a meal
 - i. Journal of American College of Nutrition: 7 year study with 172 participants: average 1.03% increase in BMD/year for a total of 7.3% increase over 7 years while taking AlgaeCal. <https://pubmed.ncbi.nlm.nih.gov/26885697/>
 - b. Healthy Bones Co. Osteoelements Pro (11 nutrients; calcium citrate/malate): take with a meal; may absorb better with PPI medications
 - c. Pure Encapsulations Osteobalance (8 nutrients; Calcium citrate/malate): take with a meal; may absorb better with PPI medications
 - d. Metagenics Bone Builder Plus (3 nutrients; calcium from MCHC): take with a meal
3. Dry Mouth Recommendations
 - a. Stay hydrated: ½ bodyweight in ounces water daily (e.g. 160 lb may need 80 oz water daily) – take small sips all throughout day
 - b. Xylitol mints, oral probiotics, Dr. Jen's hydroxyapatite gel, sleep with overnight humidifier, xylitol strips
4. Reducing Lead Exposure
 - a. High potential lead foods: tamarind, turmeric, chili powder, paprika; root veggies; leafy veggies; cacao beans; baby food; aged vinegars/teas
 - b. Other exposure sources: water, cook/serveware, dust
 - c. Reducing exposure:
 - i. Peel root veggies, trim outer leaves of leafy veggies, buy organic when possible; buy whole spices from transparent brands (that share their COA)
 - ii. Look for 3rd party testing for cacao products (pachamana.com), baby food, and aged vinegars (food and water watch)
 - iii. Eat a diet rich in calcium, iron, and vitamin c foods to help block absorption
5. Bone Healthy Foods vs High Oxalates: Spinach, swiss chard, rhubarb, beet greens, almonds, buckwheat, navy beans, wheat bran, cacao
 - a. Remember to soak and/or sprout grains, beans, nuts, seeds when able; soak/cook veggies to reduce oxalate load
6. EWG: Dirty Dozen and Clean Fifteen
 - a. Dirty 12: Spinach, Kale/Collard/Mustard greens, Strawberries, Grapes, Nectarines, Peaches, Cherries, Apples, Blackberries, Pears, Potatoes, Blueberries
 - b. Clean 15: Pineapple, Corn, Avocado, Papaya, Onions, Sweet Peas, Asparagus, Cabbage, Cauliflower, Watermelon, Mango, Banana, Carrots, Mushrooms, Kiwi
7. Best Ways to Wash Produce
 - a. Cold Firm Produce: Rinse under cold water, scrub with clean veggie brush as needed, optional soak in baking soda water 10-15 min (1 tsp soda:1 cup water)
 - b. Soft Berries & Thin Skinned Fruit: Soak fruit 10-15 min in solution of 3 part water : 1 part distilled vinegar to reduce surface bacteria; Drain and rinse under cold water 3-4 times; Pat dry with towel or let dry in salad spinner/colander to prevent spoiling
 - c. Leafy Greens & Herbs: Separate leaves and submerge in large bowl clean water; swish gently to loosen dirt, debris, and pests; Lift greens out of the water so dirt stays at bottom; Dry completely in salad spinner or colander before storing to keep crisp
8. Oxalates in Tofu: <https://pubmed.ncbi.nlm.nih.gov/15998131/>
 - a. Sprouted firm tofu less than regular: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9563182/#sec3>
 - b. Lower Oxalate Tofu Brands: Clinical research shows that 18 of the most popular tofu brands clock in well under the 10 mg threshold
 - i. Mori-Nu (Silken Tofu, e.g., Lite Firm) - 6 mg per svg, Nasoya (Silken & Firm varieties) - 6 mg per svg, Azumaya - 7.7 mg per svg, Small Planet - 7.7 mg/svg, Pete's - < 10 mg/svg, Hinoichi - < 10 mg/svg, PacSoy - < 10 mg/svg, White Wave - < 10 mg/ svg<https://dr.lib.iastate.edu/server/api/core/bitstreams/93d494c7-f128-409d-a3b6-10ebee3d68c2/content>
9. Dairy and Inflammation

Nutrient-Dense Menu for a Post Menopausal Female

Designed to meet or exceed the RDA/AI for:

- Vit D, Ca, Mg, Potassium, Vit E, Vit B12, Fiber, Iron, Vit C, Vit A

Breakfast

Bone Health Overnight Oats

- ½ cup rolled oats
- 1 cup fortified soy milk
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed
- ½ cup blueberries
- 1 tbsp almond butter

Side

- 2 eggs

Morning Snack

Smoothie

- ½ block calcium-set silken tofu (6 oz)
- 2 cups kale
- 1 banana
- 1 tbsp basil seeds
- 3 prunes
- 1 cup Elmhurst unsweetened walnut milk

Lunch

Salmon Power Bowl

- 5 oz baked salmon
- 1 cup cooked quinoa
- 2 cups spinach
- 1 cup roasted sweet potato
- 1 tbsp olive oil
- Lemon juice

Afternoon Snack

Yogurt Bowl

- 1 cup plain Greek yogurt, 1 kiwi, 1 oz sunflower seeds

Dinner

Turkey & White Bean Vegetable Soup

- 4 oz lean turkey
- ½ cup white beans
- 1 cup carrots
- 1 cup tomatoes
- 2 cups spinach
- Low-sodium broth

Side Salad

- Mixed greens, Red bell pepper, Olive oil vinaigrette

Whole Grain Roll

Evening Snack

- 1 cup Elmhurst walnut milk, 1 orange
-

Estimated Daily Nutrient Totals

Nutrient	Estimated Intake	RDA/AI (>70yo Female)
Calories	~1,900	Varies
Protein	~105 g	46+ g
Fiber	~34 g	21 g
Calcium	~1,320 mg	1,200 mg
Magnesium	~430 mg	320 mg
Potassium	~4,700 mg	2,600 mg (AI)
Vitamin D	~21 mcg (840 IU)	20 mcg (800 IU)
Vitamin B12	~9 mcg	2.4 mcg
Vitamin E	~17 mg	15 mg
Iron	~14 mg	8 mg
Vitamin C	~225 mg	75 mg
Vitamin A	~1,600 mcg RAE	700 mcg RAE

Plant Based Bone Health Smoothie

Makes: 1 serving

Ingredients

- ½ block non GMO silken tofu (6 oz)
- 2 cups kale, loosely packed
- 3 prunes
- ½ medium banana
- 1 tbsp basil seeds
- 1 tbsp ground flaxseed
- 1 cup unsweetened Elmhurst Walnut Milk
- Ice cubes (optional)

Directions

1. Add walnut milk to a blender.
2. Add tofu, kale, prunes, banana, basil seeds, and flaxseed.
3. Blend on high for 30–60 seconds until smooth and creamy.
4. Add ice if desired and blend again.
5. Serve immediately.

Nutrition Info:

Cal 235, Pro 11g, Fat 13g, Carb 24g, Fiber 10g,
Calcium 510mg, Mag 150, Potassium 940mg

