

Diet and Lifestyle Checklist for Healthy Bones

- Consume at least 700–800mg of calcium daily preferably from natural dietary sources.**
If supplementation is needed to achieve this goal, choose a high quality calcium supplement with no more than 500mg of calcium that also includes magnesium and Vitamin D3 such as [Basic Bone Nutrients® from Thorne Research](#). The remaining calcium needs should come from [natural dietary sources](#).
- Eat 8–10 brightly colored vegetables and 2 fruits daily.** Eat the colors of the rainbow daily: **ROY G BIV**.
- Choose grass-fed, pastured meats, poultry, eggs, butter and ghee.** They're high in Vitamin K2 and omega-3 fatty acids. Vitamin K2 helps deposit calcium where it belongs and prevents it from depositing in places it doesn't belong like artery walls and soft tissue.
- Eat 3 servings per week of low mercury, high omega-3 fatty acid fish** such as wild caught salmon, anchovies and sardines. Omega-3s reduce inflammation, increase the absorption of calcium and decrease the excretion of calcium in the urine. Check with your health care provider or Registered Dietitian/Nutritionist to see if an omega-3 fatty acid supplement would be appropriate for you.
- Eat 3–5 magnesium rich foods daily.** Magnesium helps convert Vitamin D to its active form so it can turn on calcium absorption. A diet low in magnesium can result in low levels of Vitamin D in spite of daily supplementation with Vitamin D. If you are not eating enough magnesium rich foods, consider taking a [magnesium supplement](#).
- Take a Vitamin D3 supplement daily if serum Vitamin D level is <50 ng/mL.** Vitamin D helps keep blood levels of calcium and phosphorus in the normal range and helps our bodies effectively absorb calcium.
- Eat 1–2 forkfuls of fermented foods daily.** They are high in Vitamin K2 and also contain high amounts of probiotic bacteria that are good for your gut microbiome.
- Eliminate or significantly reduce processed carbohydrates and Added Sugar.** These are inflammatory which is bad for the bones.
- Drink 1–2 cups of green tea daily.** The polyphenols support osteoblasts.
- Move your body daily including strength training, weight bearing and balancing exercises.**
- Get 8 hours of quality sleep per night.** Melatonin is needed for healthy bones.
- Balance your stress.** Develop a daily meditation or Biofeedback Heart Rate Variability (HRV) practice.
- Create balance in your life.** Remove toxic relationships. Balance your work and play. Do joyful activities daily. Spend time outdoors daily.

Drug Nutrient Interactions

- Check with your health care provider or Registered Dietitian/Nutritionist before starting a new supplement as it could decrease or increase the effectiveness of other medications you are taking.
- Take your multivitamin with meals. Fat soluble vitamins are absorbed most efficiently with the presence of fat.
- If taking a calcium supplement >200mg or a magnesium supplement >250 mg per dose, take it 1-2hrs separately from a multivitamin or supplement containing zinc, iron, folate or fiber.
- Take calcium or magnesium supplements ≥4hrs apart from thyroid medication.
- Take magnesium supplements 2hrs apart from H2 blockers for reflux (Pepcid, Zantac, etc).