



Anti Osteoporosis Diet

Often it is difficult for patients to know what therapeutic foods they should be eating for their individual health issues. That led me to putting together this guide and it offers very practical and easy advice for you. "Let food be thy medicine and medicine be thy food" said Hippocrates over 2,000 years ago and this is even more relevant with our nutrient poor, fast food rich diets. I encourage you to share my passion of wholesome, organic foods!

Shopping guide

Best foods

Low fat dairy produce such as skimmed milk, low fat yoghurt and cottage cheese; leafy green vegetables, nuts, pulses, soya, wheat germ, fish, whole grains

Foods to choose

Sources of calcium – low fat dairy produce, pulses, any small fish with bones such as sardines, garfish; fortified soy products seeds and nuts

Sources of magnesium – nuts, seeds, pulses, bulgur wheat, brown rice, lentils, barley

Sources of vitamin D – sunlight, cod liver oil, oily fish such as trout, mackerel and salmon, organic eggs

Sources of zinc – wheat germ, liver, seeds, nuts, shellfish

Sources of folate – brewer's yeast, pulses, muesli, nuts, broccoli, green leafy vegetables

Sources of B6 – wheat germ, pulses, nuts, fish

Sources of potassium – soy beans and other pulses, dried apricots, dried figs, tomatoes, most fruit and vegetables

Sources of essential fatty acids – extra virgin olive oil, seeds, nuts, oily fish and wholegrain

Foods to avoid

Those high in sodium

Those high in alcohol

Excess animal protein

Caffeine – coffee, tea, coke, and energy drinks such as red Bull, Fizzy drinks and soft drinks



Breakfast

Baked beans on toast

Muesli with dessertspoon of wheat germ with extra seeds and nuts

Porridge with almond milk, honey and dried apricots and figs

Lunch

Sardines on toast

Squash, butterbean and potato soup

Feta and salad sandwich on whole meal bread

Salmon salad with greens and pumpkin seeds

Dinner

Brown rice with sautéed greens and tofu

Grilled mackerel with lentils

Grilled lamb with tabouli

Snacks

Biodynamic yoghurt with fruit

Corn cakes with ABC spread

Dried apricots, figs and nuts