



APPENDIX

Personal Nutrition Plan Worksheets

Use these worksheets in conjunction with the instructions in chapter 9 to customize a nutrition plan that will optimize your nutrient intake for bone health.

What I Ate This Week

Week beginning: _____

Note: Circle or highlight the items you cooked.

Monday																																																											
Breakfast	Lunch																																																										
Tuesday		Breakfast	Lunch							Wednesday		Breakfast	Lunch							Thursday		Breakfast	Lunch							Friday		Breakfast	Lunch							Saturday		Breakfast	Lunch							Sunday		Breakfast	Lunch						
Breakfast	Lunch																																																										
Wednesday		Breakfast	Lunch							Thursday		Breakfast	Lunch							Friday		Breakfast	Lunch							Saturday		Breakfast	Lunch							Sunday		Breakfast	Lunch																
Breakfast	Lunch																																																										
Thursday		Breakfast	Lunch							Friday		Breakfast	Lunch							Saturday		Breakfast	Lunch							Sunday		Breakfast	Lunch																										
Breakfast	Lunch																																																										
Friday		Breakfast	Lunch							Saturday		Breakfast	Lunch							Sunday		Breakfast	Lunch																																				
Breakfast	Lunch																																																										
Saturday		Breakfast	Lunch							Sunday		Breakfast	Lunch																																														
Breakfast	Lunch																																																										
Sunday		Breakfast	Lunch																																																								
Breakfast	Lunch																																																										

One-Day RDA Calculation Worksheet

Daily Meal	Vitamin D ₃ 5,000 iu or 125 mcg	Calcium 800–1,000 mg	Phosphorus 700 mg	Vitamin A 10,000–15,000 iu (as retinol) or 700 mcg
Breakfast				
Lunch				
Dinner				
Snacks and Drinks				
Total				

One-Week RDA Calculation

Week Beginning: _____

The shaded lines are for adding RDAs from supplements.

	M	T	W	T	F	S	S	Total
Calcium								
Phosphorus								
Magnesium								
Vitamin D								
Vitamin K ₂								
Vitamin C								
Vitamin A								
Protein								
Silica								
Trace Minerals								

Number of days I took collagen powder supplement: _____

Plant foods I prepared correctly to weaken anti-nutrients:

Four-Week RDA Calculation

The shaded lines are for adding RDAs from supplements.

	Week 1:	Week 2:	Week 3:	Week 4:	Total
Calcium					
Phosphorus					
Magnesium					
Vitamin D					
Vitamin K ₂					
Vitamin C					
Vitamin A					
Protein					
Silica					
Trace Minerals					

Number of days I took collagen powder supplement: _____

Plant foods I prepared correctly to weaken anti-nutrients:

Gap Analysis

The information about what you eat and how much nutrition your food provides will reveal any dietary gaps in bone health nutrition. The gaps you record below will not be precise; however it will identify those nutrients in which you're in somewhat short supply and more importantly, it will identify where you may be nutrient deficient. To fill out the chart below, refer back to the information you've compiled in the One-Week RDA Calculation and Four-Week RDA Calculation. Your levels may be somewhere on the continuum from short of a bit to extremely deficient. All deficiencies are assessed in the context of your health, bone health, and overall diet. Discuss deficiencies with your health care provider before deciding on a course of action.

Bone Health RDA	Amount My Diet Provides
Calcium: 800–1,000 mg	
Vitamin D ₃ : 5,000 iu	
Magnesium: 600–1,000 mg	
Phosphorus: 700–1,000 mg	
Vitamin K ₂ : 80–300 mcg	
Protein: 50–150 g	
Vitamin A (retinol): 10,000–15,000 iu or 700 mcg	
Vitamin C: 400–600mg	
Zinc: ≥10 mg	
Copper: ≥2.5 mg	
Silicon: ≥40 mg	
Boron: ≥3 mg	
Manganese: ≥2 mg	
Strontium: <5 mg	
Phytoestrogen: ≥50 mg	

If there are nutrient gaps, what are my plans to address them? Do I need to speak with my doctor about them?

Which ingredients, combinations, and recipes will I add to my diet in order to close the gaps?

Gap Analysis

Name of the Nutrient I Need to Increase:

How I will move toward closing the gap . . .

Ingredients:

Combinations:

Recipes:

Name of the Nutrient I Need to Increase:

How I will move toward closing the gap . . .

Ingredients:

Combinations:

Recipes:

Name of the Nutrient I Need to Increase:

How I will move toward closing the gap . . .

Ingredients:

Combinations:

Recipes:

Personal Nutrition Plan

An Overview of My Personal Nutrition Plan

Ideas for Keeping My Bones Healthy

What I Will Cook Right Away

How I Will Measure Progress

Bone Health Recipes I've Made/Modified/Enjoyed

Notes: To Do/To Discuss with My Doctor, Reminders,
Notes about Progress, and Adjustments to My Plan

Bone Health Improvement Goals and Action Plans

Goal

Action Plan

How I Will Know When I Have Achieved This Goal

Goal

Action Plan

How I Will Know When I Have Achieved This Goal

Goal

Action Plan

How I Will Know When I Have Achieved This Goal

Bone Health Plan and Progress Checklist

Use this worksheet as a record of your accomplishments as you implement your two-year Personal Nutrition Plan. You can track your progress by simply checking boxes as you take each step.

This is a progress box.

- Tick it when you have taken that step.
- X it if you decide to skip that step but make a note of why you did so. You may wish to revisit these decisions with your healthcare provider over time.
- I have had my first nutrition evaluation and discussion with my healthcare provider.
- I have filled in my results on the Nutrition Evaluation Results worksheet.
- I have started a food journal.
- I feel that I know how to read a one-day RDA calculation worksheet.
- I have begun filling out my own one-day RDA calculation worksheets.
- I have monitored my RDAs for four consecutive weeks.
- I have begun taking any supplementation found necessary.
- I have started to cook for bone health.
- I am keeping track of the bone health foods I eat.
- I am keeping track of recipes used, modified, or created.
- I have shared recipes on the Medicine Through Food website.
- I have prepared four bone health meals four times a week.

- After clearance from my healthcare provider, I exercise each day I include a bone health meal.
- If I haven't done so already, I have started making bone health vinegar.
- I drink bone shrub daily.
- I have had a second nutrition evaluation.
- I have eliminated processed foods from my diet.

For those with osteoporosis or osteopenia:

- I am making and using bone vinegar shrub daily.
- I take a daily supplement of vitamin K₂.
- I use collagen powder daily.
- I take a vitamin D supplement daily.
- I exercise daily.
- I take cod liver oil daily.
- I avoid all processed food.
- I sprout my own grains, seeds, nuts, and beans.
- I have made a sourdough bread starter and I'm baking bread.
- I primarily choose sourdough, Ezekiel, and rye breads.
- I have identified a source of Gouda cheese, preferably made from raw milk, and enjoy it several times a week.
- I have started growing some of my own greens and herbs.