Nutrition for Bone Health

Presented by **Summerville Family Health Team** in collaboration with MPH Nutrition and Dietetics students from **Dalla Lana School of Public Health, University of Toronto**

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SUMMERVILLE
Family Health Team

UNIVERSITY OF TORONTO
DALLA LANA SCHOOL OF PUBLIC HEALTH

Agenda

- Myth vs. Fact Quiz
- Why Bone Health Matters
- Understanding Osteoporosis
- Role of Nutrition in Bone Health
  - Calcium, Vitamin D, Protein, and other nutrients
- Grocery Shopping and Affordable Food Tips
- Nutrition Label Reading Activity
- Food Demonstration Video
- Questions and Answers Session

Myth VS. Fact Quiz

WHY Bone Health Matters

“Over 2.3 million Canadians live with osteoporosis…”

Why it’s important

- Strong bones help us stay active and independent.
- Fractures (bone breaks) from osteoporosis can lead to:
  - Serious health issues
  - Lower quality of life
  - Loss of independence

(Morin et al., 2023)

Understanding Osteoporosis

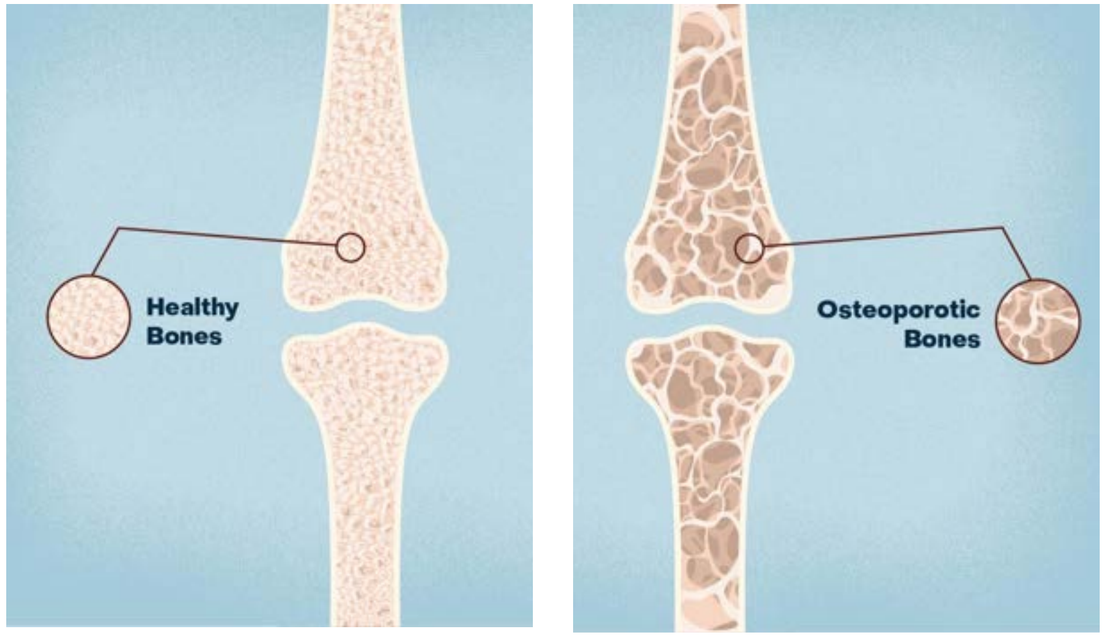
“The Silent Thief”

WHAT is Osteoporosis?

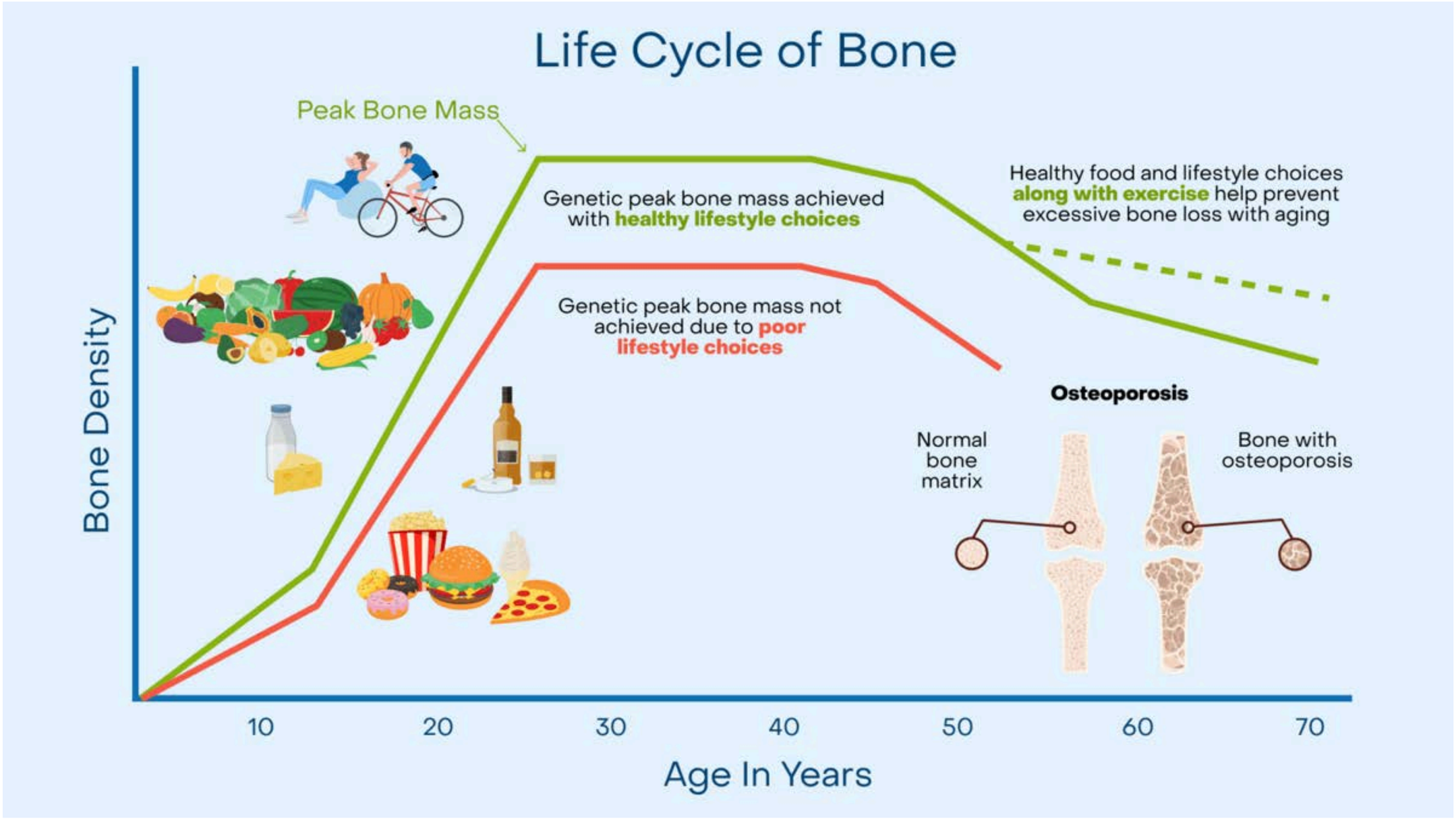
- A condition where bones become weak and brittle
- Bones lose density and strength, making them easier to break

WHO is at Risk?

- Men and women over 50
- Family history, smoking, inactivity, and certain medications can increase risk



(National Osteoporosis Foundation, 2018)



(National Spine Health Foundation, 2024)

Preventing Osteoporosis

Steps for strong bones:

- Get enough calcium, vitamin D, and protein
- Exercise regularly (impact/strength).
- Avoid smoking
- Limit alcohol
- Talk to a healthcare provider about bone health
- Bone density tests as recommended

(National Osteoporosis Foundation, 2018; Osteoporosis Canada, 2020)

Role of Nutrition in Bone Health

Key Nutrients:

- Calcium, Vitamin D, and protein are essential for building and maintaining strong bones
- Many other nutrients are also important for bone health (ex. magnesium and vitamin K)

Preventative Focus:

- Nutritional habits now can reduce risks and slow bone loss—at any age!

(National Osteoporosis Foundation, 2018)

Calcium

WHAT is Calcium?

- A mineral that keeps bones and teeth strong
- Helps muscles, nerves, and the heart function properly

WHY is Calcium Important?

- Supports bone health and prevents bone loss as we age
- Reduces the risk of fractures from weak bones

(National Osteoporosis Foundation, 2018)

How Much Calcium Do You Need Each Day?

Ages 19 to 50	**1,000 mg**
Ages 51 to 70	Men: **1,000 mg** Women: **1,200 mg**
Ages 71 and older	**1,200 mg**

(mg = milligrams)

(Government of Canada, 2023)

What Happens If You Get...

Too Little **Calcium?**

- Weak, brittle bones (osteoporosis)
- Increased risk of bone breaks
- Muscle pain, spasms, or tingling
- Numbness in hands and feet

Too Much Calcium?

- Too much from **supplements** can cause kidney stones and other issues (such as heart problems but research is still *unclear*)
- Upper limit is **2,500 mg** per day for adults **aged 19-50**, and **2,000 mg** per day for adults **over 50**

(National Osteoporosis Foundation, 2018)

Where You Can Find Calcium

Our bodies cannot make calcium, so we need to get it from:

- Foods
- Drinks
- Supplements (when needed)

Note:

- Best to get calcium from food (when possible)
- Take no more than **500 mg** of calcium at one time, whether from food or supplements
- If taking calcium supplements, avoid taking them with calcium-rich foods

(National Institutes of Health, 2024;
National Osteoporosis Foundation, 2018)

Where You Can Find Calcium

- **Dairy**
  - Milk, cheese, yogurt, kefir, paneer
- **Leafy greens**
  - Kale, bok choy, broccoli, nappa cabbage
- **Fortified foods**
  - Milk alternative beverages (soy, almond, oat cashew), fortified orange juice, tofu (made with calcium)
- **Seafood**
  - Sardines/salmon (canned with bones)

Fortified means when extra vitamins or minerals are added to a food product.

(National Institutes of Health, 2024a; National Osteoporosis Foundation, 2018)

Calcium Absorption

Absorption depends on the food.

- Some foods (ex. spinach, rhubarb, Swiss chard) have compounds (oxalates/phytates) that **reduce calcium absorption**

- Calcium from broccoli, kale, bok choy, and cabbage is easily absorbed

- **Eating a variety of foods helps with calcium absorption**

(National Institutes of Health, 2024a; National Osteoporosis Foundation, 2018)

Calcium Rule of 300

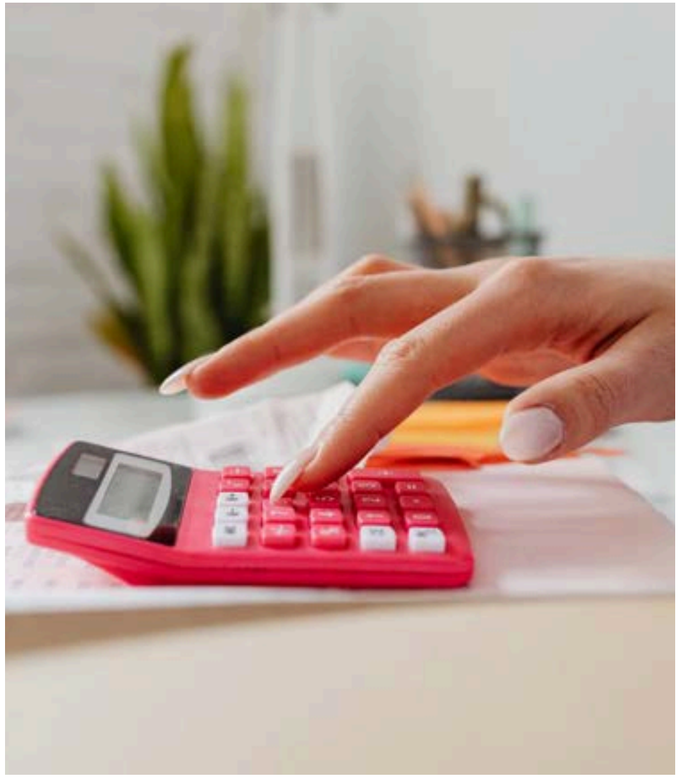
Use this method to calculate your calcium intake from food before considering a supplement:

1. Count the servings of **dairy** or **fortified juice** you have daily
2. **Multiply** the number of **servings** by **300**
3. **Add 300** to account for the rest of your diet

Example:

- 1 cup of milk or yogurt, 1.5 slices of cheese, or 1 cup of fortified orange juice = **300 mg per serving**
- Add another serving if needed to reach your daily goal

- Take calcium supplements only if your diet doesn't meet your recommended daily amount (RDA)



(Osteoporosis Canada, 2020)

Calcium Rule of 300 Example

	1 cup 2% milk	300 mg
	3/4 cup plain yogurt	300 mg
	1.5 slices cheese	300 mg
	Estimated total from other foods with smaller amounts of calcium	300 mg
	Total calcium	**1200 mg**

- This should be enough (hits the recommended daily amount 1,000-1,200 depending on age and sex).
- **No need for supplements.**

For more information about calcium counting, check out:
Osteopororis Canada's website to use their clacium calculator or learn more about the rule of 300.

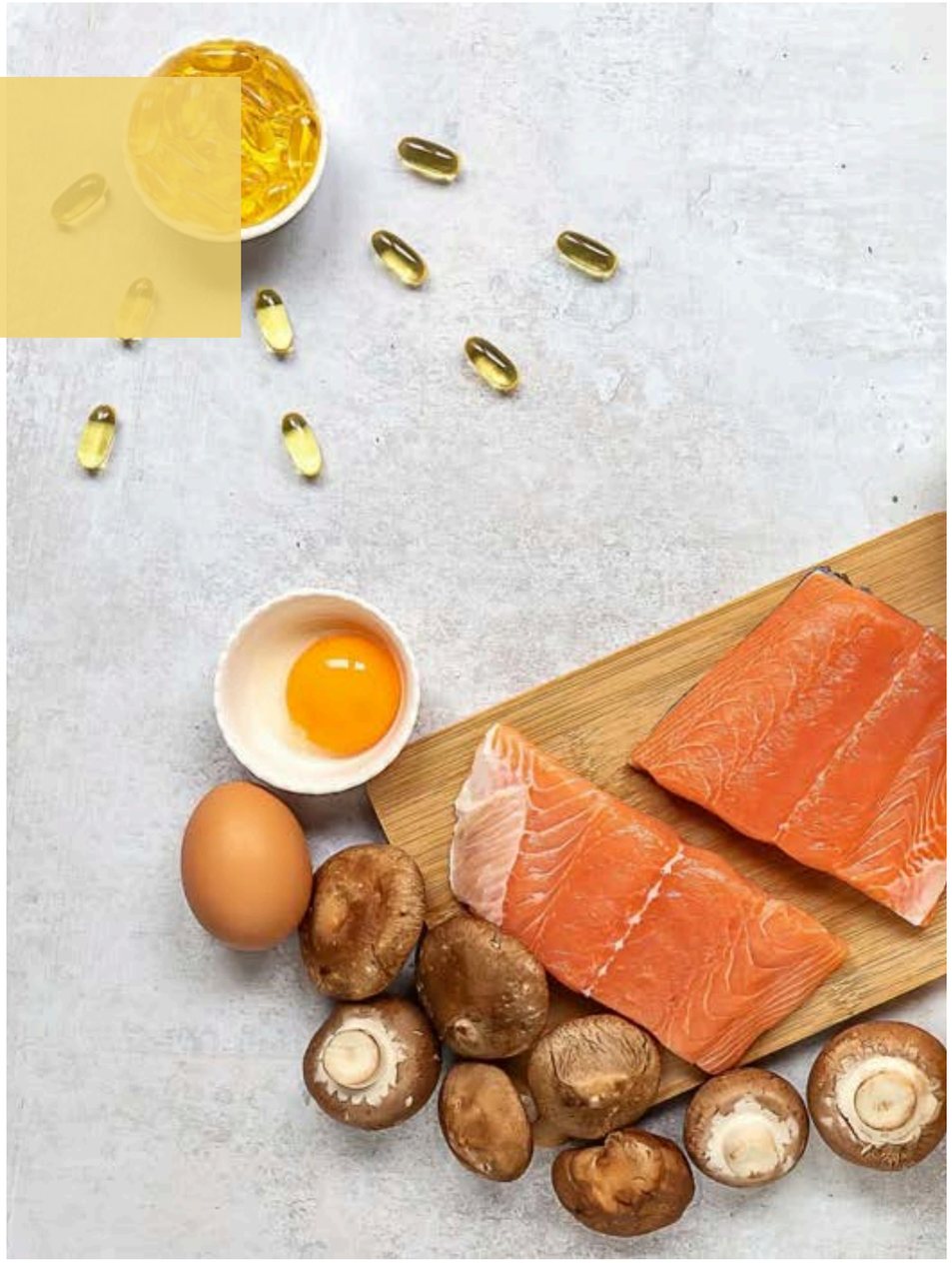
Vitamin D

What is Vitamin D?

- Helps your body use calcium to build and maintain strong bones

Why is Vitamin D Important?

- Like a “**key**” that unlocks calcium’s full benefits, helping strengthen your bones
- Supports muscle function and balance, reducing risk of falls and fractures

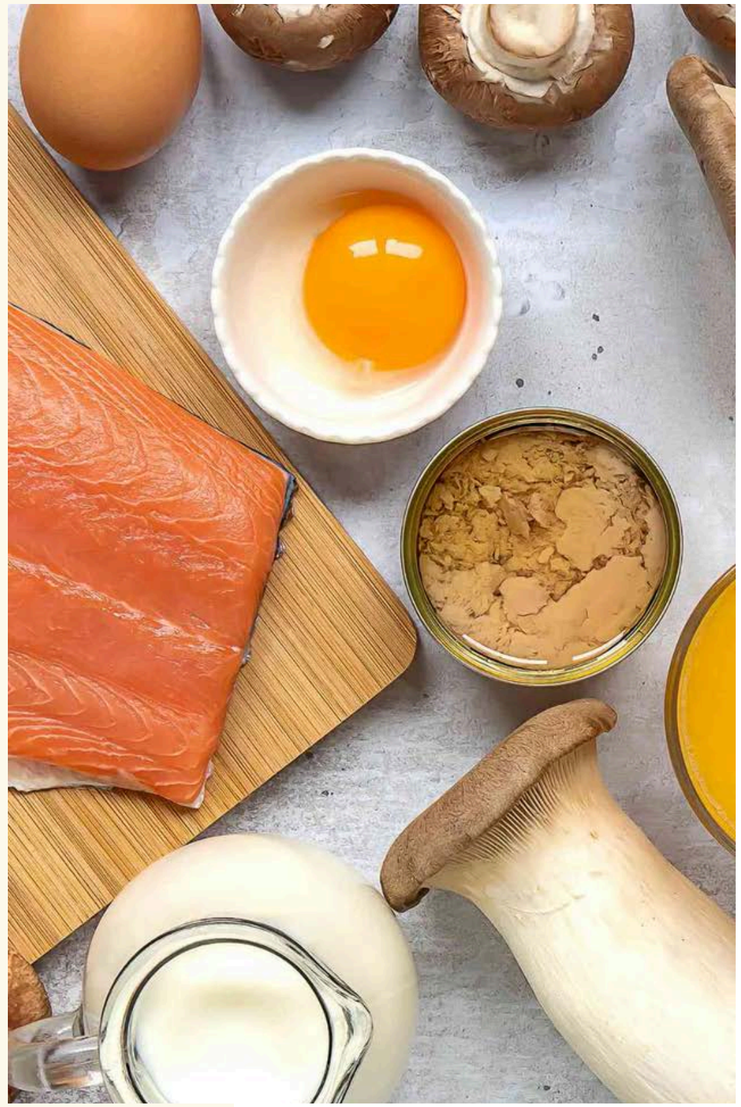


(Muir & Montero-Odasso, 2011; National Osteoporosis Foundation, 2018)

How Much Vitamin D Do You Need Each Day?

Ages 19 to 70	600 IU
Ages 71 and older	800 IU

(IU = International Units)



(Government of Canada, 2023)

What Happens If You Get...

Too little vitamin D

- Thin and weak bones
- Mood changes, like depression
- Muscle weakness, aches, or cramps

Too much vitamin D

- Can cause a buildup of calcium in blood, leading to:
  - Nausea and vomiting
  - Weakness
  - Kidney problems (ex. calcium stones)

Maximum safe daily dose for vitamin D (UL) = **4,000 IU**

(National Institutes of Health, 2024b; National Osteoporosis Foundation, 2018)

Where You Can Find Vitamin D

- **Food Sources**
  - Fortified Milk
  - Egg Yolks
  - Fatty Fish
  - Fortified Foods (ex. cereals, juices, plant-based milks)

- Note: It’s hard to get enough vitamin D from food alone. Unless you’re eating fatty fish or fish with bones every day, you probably won’t get enough, so taking a supplement can help...

(National Osteoporosis Foundation, 2018)

Where You Can Find Vitamin D

- **Supplements**
  - Most need a supplement or multivitamin
  - Adults over 51 should take **400 IU** of vitamin D daily (in addition to food sources)
  - A common and safe dose for most adults is **1,000 IU per day** (taken with food for better absorption)

- **You can get a blood test to know how much vitamin D you need**
  - There is a fee for this

(Health Canada, 2022;
National Osteoporosis Foundation, 2018)

Where You Can Find Vitamin D

"The Sunshine Vitamin"

(National Osteoporosis Foundation, 2018)

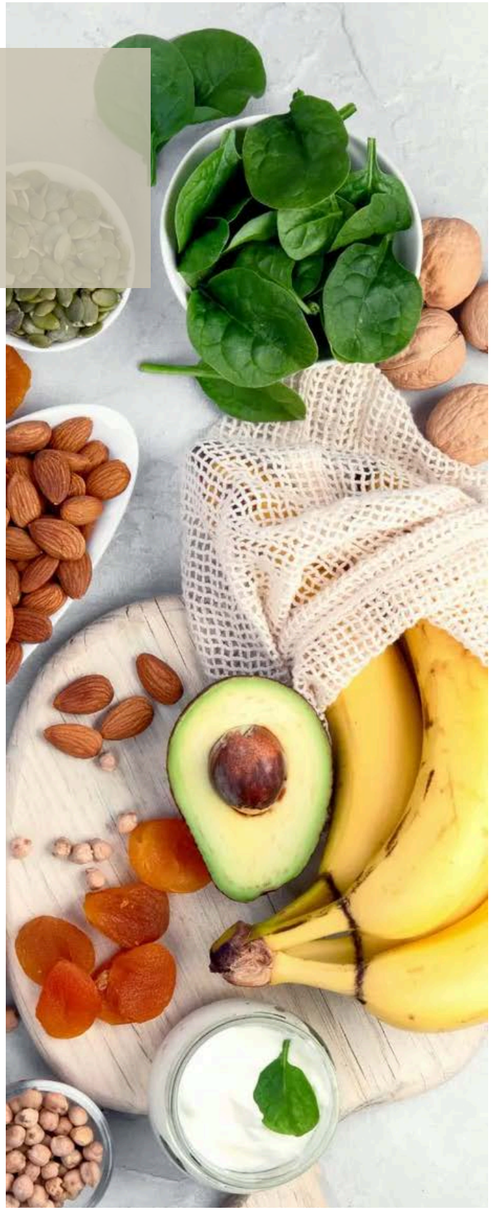
- **Sunlight**
  - Skin makes vitamin D when exposed to sunlight
- **Things that can affect our ability to make it:**
  - Age
  - Skin colour
  - Location
  - Season
- **Sun safety matters!**
- **Even with sun exposure, some people may still have low vitamin D levels**

Magnesium

- Over half of the magnesium in our body is stored in our bones

- Helps our body use calcium and vitamin D

Recommended Daily Allowance:
(From both diet and supplements)
Females: ≥ 30: 320mg daily
Males: ≥30: 420mg daily



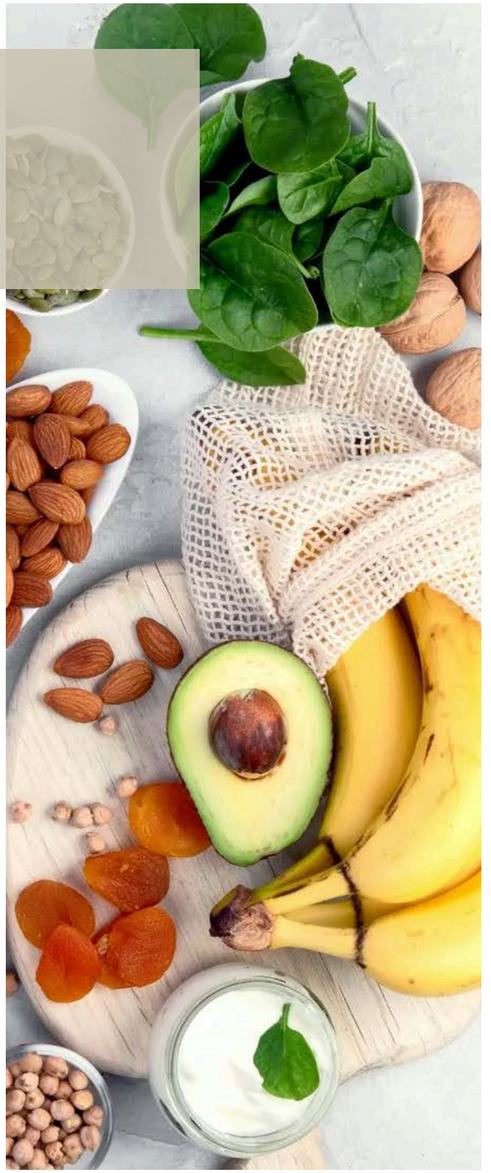
(Osteoporosis Canada, 2024; Public Health Agency of Canada, Chronic Diseases, 2024)

Food Sources

Magnesium is available in:

- Plant based-food ★★★★
- Animal based-foods
- Beverages

Over 34% of Canadians over 19 consume magnesium below the Estimated Average Requirement. If your dietary magnesium is insufficient, talk to your doctor about supplements.



(Health Canada, 2012; Osteoporosis Canada, 2024; Public Health Agency of Canada, Chronic Diseases, 2024)

Magnesium Food Sources

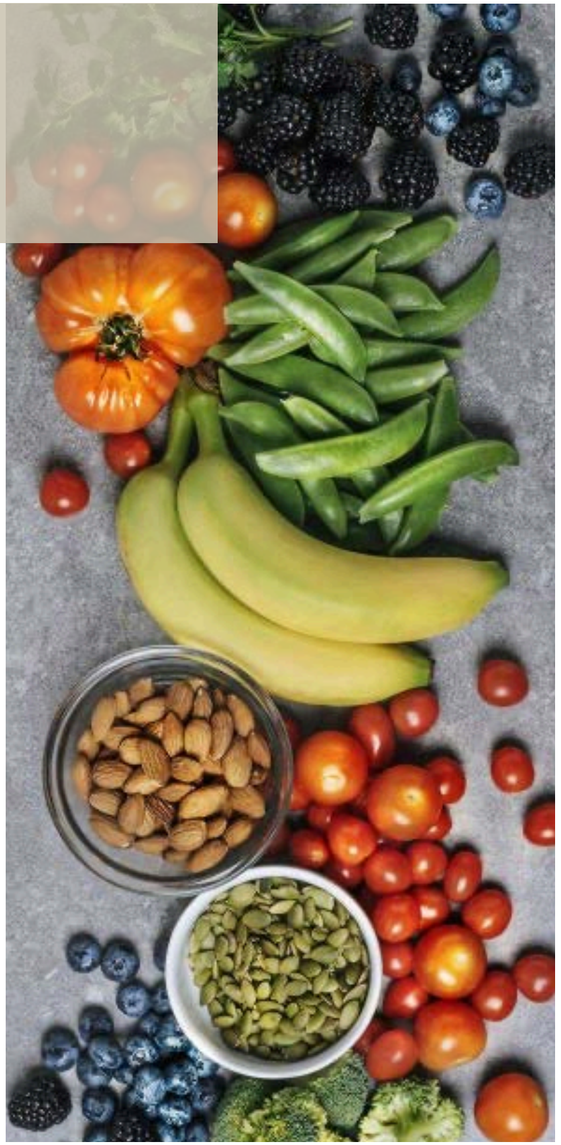
(National Institutes of Health, Dietary Supplement Fact Sheets, 2022; Osteoporosis Canada, 2024)

Vitamin K

- Vitamin K controls how calcium is used in the body, helping it bind effectively to bones.
- Blood clotting

- 2 types of vitamin K
  - Vitamin K1
  - Vitamin K2 (Emerging area of research in bone health)

Recommended Daily Allowance:
(From both diet and supplements)
Females: ≥ 19: 90ug daily
Males: ≥19: 120ug daily



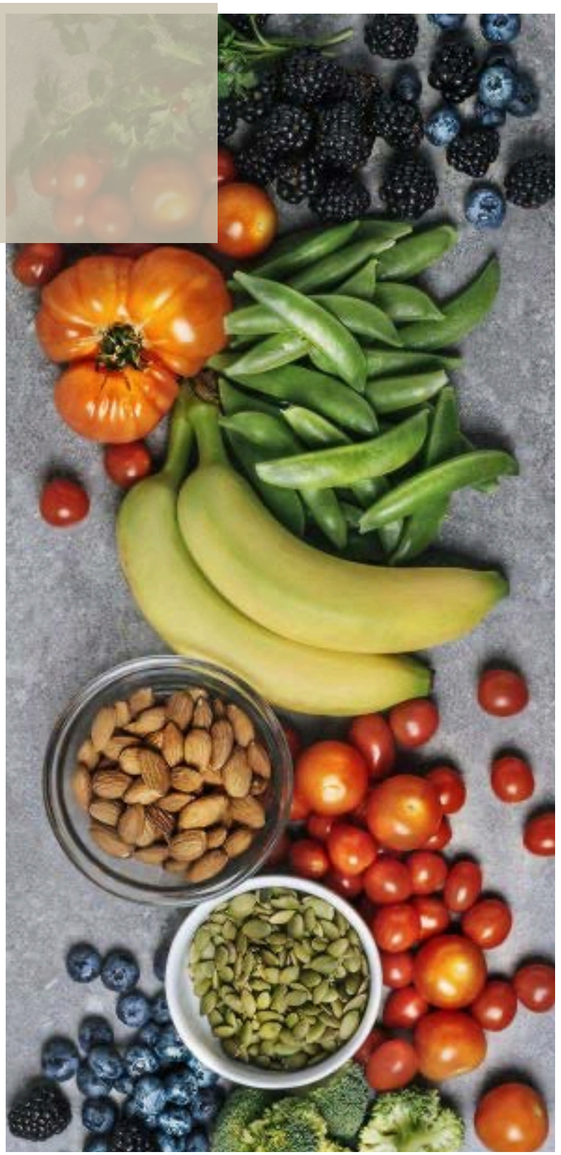
(Osteoporosis Canada, 2024; Public Health Agency of Canada, Chronic Diseases, 2024)

Food Sources

Vitamin K is found in many foods, including:

- Plant based-food (Vitamin K1)
- Plant and animal based-foods (Vitamin K2)

You can get enough vitamin K just by having **one serving** of green leafy vegetables a day.



(Osteoporosis Canada, 2024; Public Health Agency of Canada, Chronic Diseases, 2024)

Vitamin K Food Sources

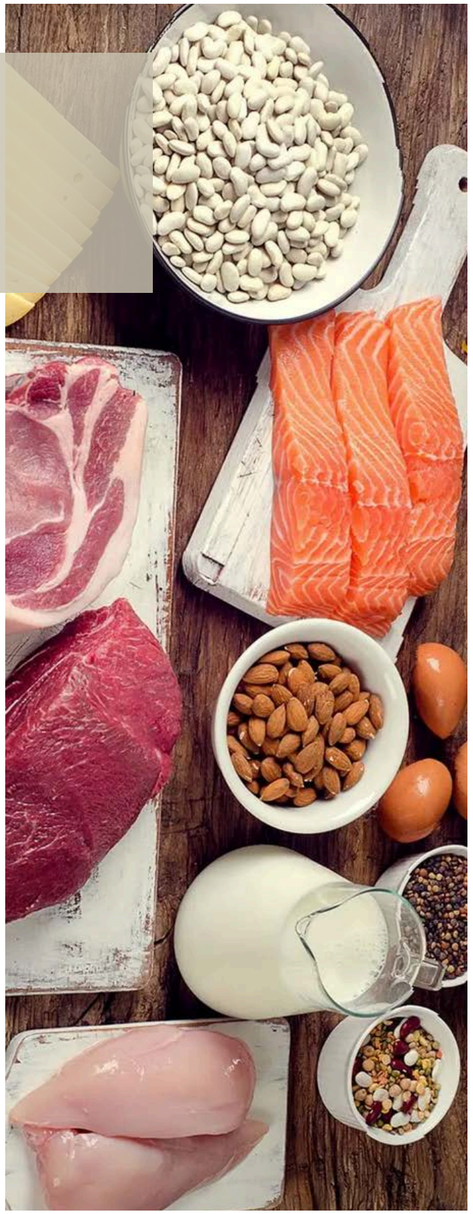
(National Institutes of Health, Dietary Supplement Fact Sheets, 2022; Osteoporosis Canada, 2024)

Protein

- Energy source
- Important role in bone and muscle health
- Forms the structure in our bones that holds calcium
- Spreading out your protein throughout the day helps your body use it better
  - It supports muscle repair, keeps your bones healthy, and helps your body work well overall

Suggested Daily Intake for older Adults

- Minimum of 1.0 g/kg/day
  - Meals: 20–35 g
  - Snacks: 5–10 g



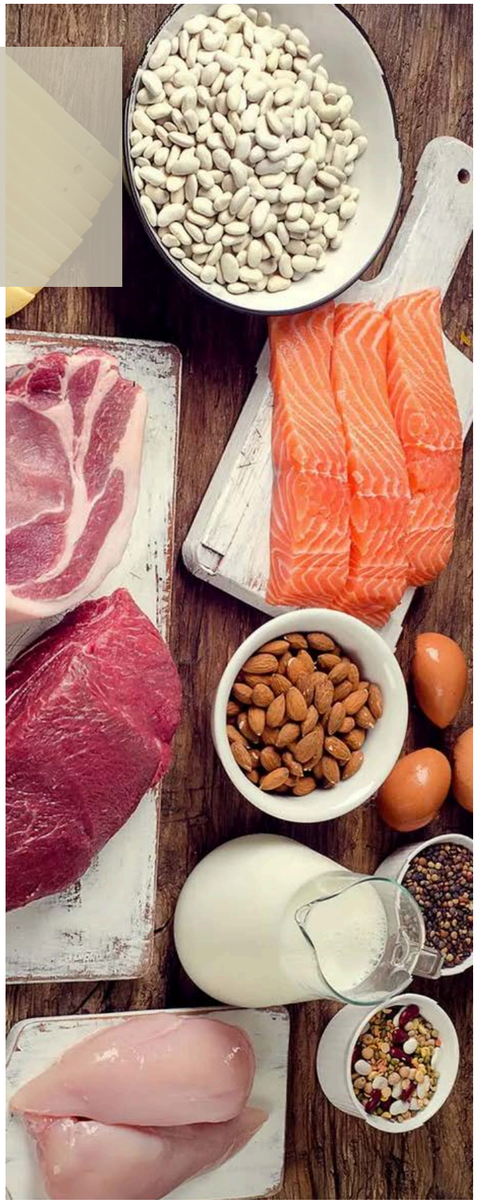
(Health Canada, 2012; Osteoporosis Canada, 2024)

Food sources

Protein is found in many foods, including:

- Plant based-food
- Animal based-foods

Only a few vegetarian and vegan foods have all the protein building blocks your body needs. To stay healthy, eat a variety of plant-based foods.



(Osteoporosis Canada, 2024; Public Health Agency of Canada, Chronic Diseases 2024)

Protein Food Sources

(National Institutes of Health, Dietary Supplement Fact Sheets, 2022; Osteoporosis Canada, 2024)

Bone-healthy Meals Examples

Canada's Food Guide Plate Model

Breakfast

2 eggs, 2 slices of whole wheet toast, 1 avocado & 1 cup of fortified orange juice

Lunch

Palm sized grilled chicken, 1 cup of sweet potato, 1 cup of kale & 25 gr cheese

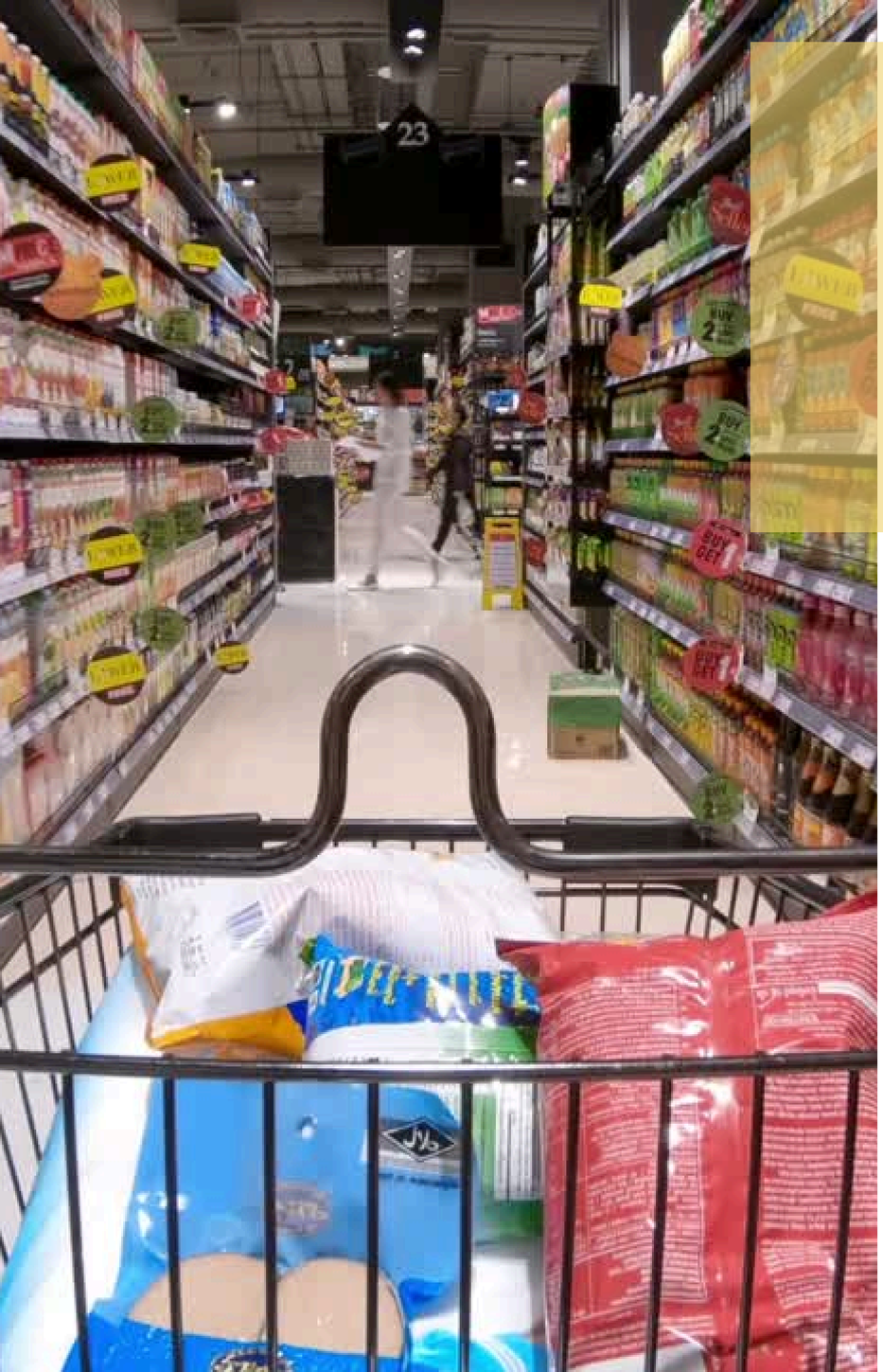
Dinner

Palm sized salmon, 1 cup of quinoa & 1 cup of steamed broccoli & edamame

Snack

- 1 cup of soy milk
- Handful of pumpkin seeds
- Handful of almond
- Greek yogurt with granola & berries
- 1 unit of banana
- 2 units of kiwi
- Half a cup of black berries

(Health Canada, 2019; Osteoporosis Canada, 2024)



Low-Cost Grocery Shopping Tips For Bone Health

Fact: Healthy eating doesn’t have to be expensive!

This section overviews some simple tips to help you shop for affordable foods that support strong bones.

Tip #1 Shop In The Frozen Section

Frozen foods are just as nutritious as fresh and very often are more affordable

Need an example?

- Shitake mushrooms (**43 IU Vit D** per 1 cup)
- frozen kale (**100 mg Calcium** precooked and then frozen)

Tip #2 Foods In Season Are Our Friends

Seasonal food costs less than food not in season, especially when bought at farmers markets

Need an example?

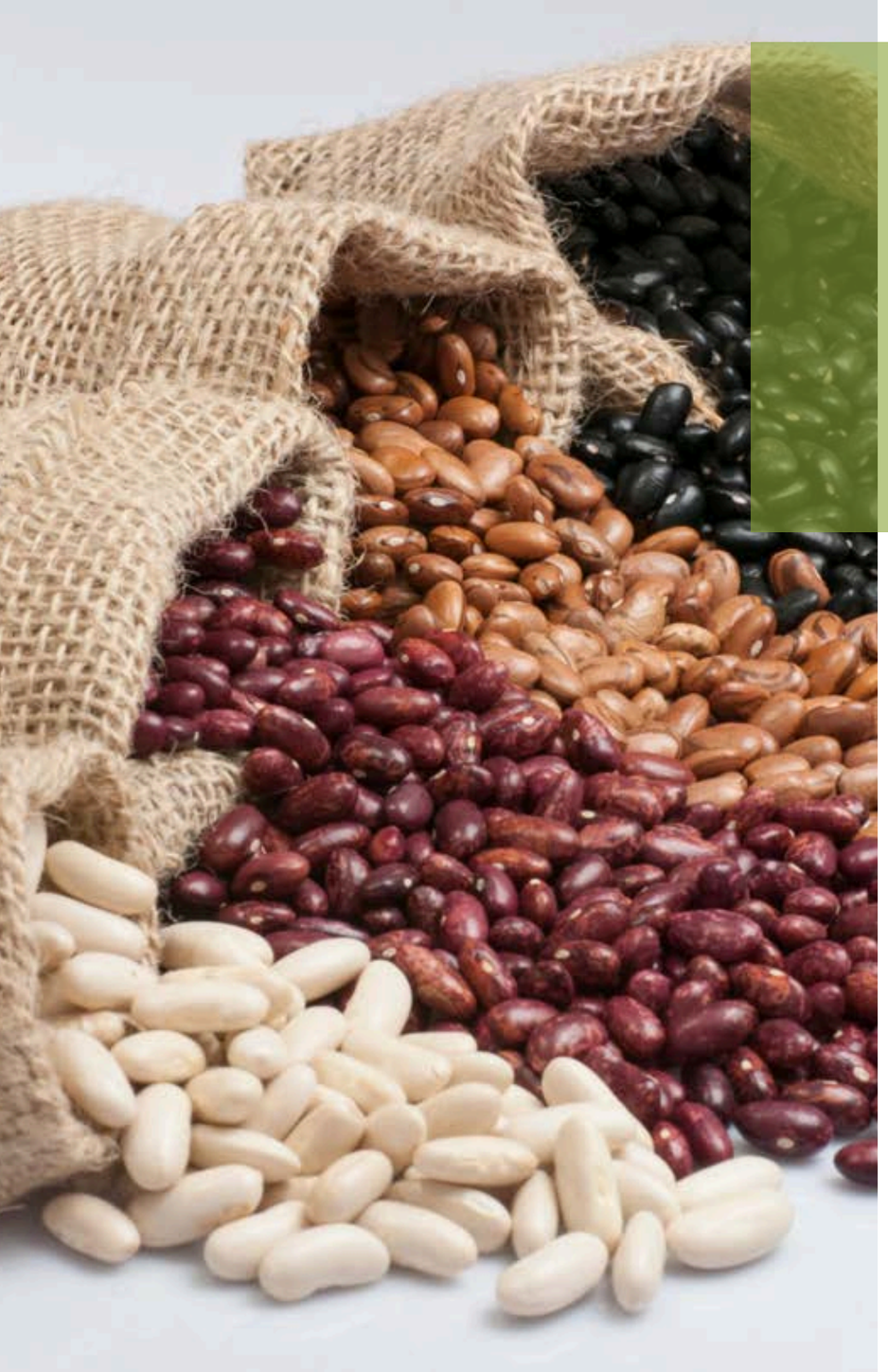
- eggs in the fall (**40 IU Vit D** per egg)
- nappa cabbage in the fall (**40mg Calcium** per cup uncooked)

Tip #3 Buy In Bulk!

Look for shelf-stable **bulk foods** at your local supermarket or bulk-food grocery store

Need an example?

- fortified cereal such as “Kelloggs Special K Original” (**80 IU’s Vit D** per 1 1/4 cup serving)
- dried lentils (**40mg Calcium** per cup when cooked)



Tip #4 Choose Plant Proteins

Plant protein sources are often more affordable than meat sources

Need an example?

- fortified plant milk such as “Earths Own” (**110 IU Vit D** per cup)
- tofu (**50mg Calcium** per 1/2 cup)

Tip #5 Shop More Canned Items

Canned foods last a long time and are more affordable than fresher foods

Need an example?

- canned sardines (**335 IU Vit D** per 106 g can packed in oil)
- canned white beans (**65 g Calcium** per 1/2 cup)

Tip #6 Choose Whole Foods

Whole foods are less processed than packaged, so they often have more nutrients

Need an example?

- trail mixes containing roasted almonds and soynuts (high in **Calcium** and **Magnesium**) along with prunes (high in **Magnesium**) are higher in bone-supporting nutrients than candied trail mixes
- fresh cuts of meat are higher in protein than processed deli meats

Understanding Food Labels

Reading food labels is essential for making nutritional choices that support strong and healthy bones.

Understanding what you eat can help you to choose the best foods for your goal.

What nutrients should I look for?

Mandatory

- Calcium
- Protein
- Sodium*

Voluntary

- Vitamin K
- Vitamin D
- Magnesium

How to Use Nutrition Facts to Check a Food's Nutritional Value

1. Check the portion size: Nutrition info on the label is for a set amount. If you eat more or less, adjust the values.

2. Look for bone-healthy nutrients: Key nutrients for bones might not always be listed, but you can still make good choices with what's shown.

Nutrition Facts
Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

	% Daily Value* / % valeur quotidienne*
Calories 110	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	13 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %

*5% or less is **a little**, 15% or more is **a lot**
*5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

3. Check % Daily Values (DV): This shows how much of each nutrient is in one serving compared to the daily recommended amount.

(Health Canada, 2021)

Comparing similar products

Nutrition Facts
Valeur nutritive
Per 1 cup (250 mL)
pour 1 tasse (250 mL)

	% Daily Value* / % valeur quotidienne*
Calories 40	
Fat / Lipides 3 g	4 %
Saturated / saturés 0.3 g + Trans / trans 0 g	2 %
Carbohydrate / Glucides 1 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 150 mg	7 %
Potassium 40 mg	1 %
Calcium 400 mg	30 %
Iron / Fer 0.2 mg	1 %

Nutrition Facts
Valeur nutritive
Per 1 cup (250 mL)
pour 1 tasse (250 mL)

	% Daily Value* / % valeur quotidienne*
Calories 35	
Fat / Lipides 3 g	4 %
Saturated / saturés 0.3 g + Trans / trans 0 g	2 %
Polyunsaturated / polyinsaturés 0.8 g	
Monounsaturated / monoinsaturés 1.5 g	
Carbohydrate / Glucides 1 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 150 mg	7 %
Potassium 40 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.4 mg	2 %

Nutrition Claims

Nutrient Content Claims

- **“Source of** Calcium”: ≥5%DV
- **“Good source of” or “high in”** Calcium: **≥15% DV**
- **"Very high in"or "rich in"** Calcium: ≥25% DV
- **“Little” or “few” or “Low in”** sodium (<140mg/serving size or < 5%DV).

Health Claims

- Disease risk reduction claims
- Function claims

(Canadian Food Inspection Agency, 2024)

Food Label Activity

Making the best choice

Almond Milk

Nutrition Facts
Valeur nutritive

Per 1 cup (250 mL) / pour 1 tasse (250 mL)

Calories 35	% Daily Value* / % valeur quotidienne *
Fat / Lipides 3 g	4 %
Saturated / saturés 0.3 g + Trans / trans 0 g	2 %
Polyunsaturated / polyinsaturés 0.8 g	
Monounsaturated / monoinsaturés 2 g	
Carbohydrate / Glucides 1 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 130 mg	6 %
Potassium 40 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.1 mg	1 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Vitamin E / Vitamine E 1 mg	7 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B_{12} / Vitamine B_{12} 1 µg	42 %
Phosphorus / Phosphore 175 mg	14 %
Magnesium / Magnésium 15 mg	4 %
Zinc 1 mg	9 %

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* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Nutrition Facts
Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 30	% Daily Value* / % valeur quotidienne*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 0.2 g + Trans / trans 0 g	1 %
Carbohydrate / Glucides 1 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 180 mg	8 %
Potassium 30 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.4 mg	2 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 5 µg	25 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B12 / Vitamine B12 1 µg	42 %
Zinc 1 mg	9 %

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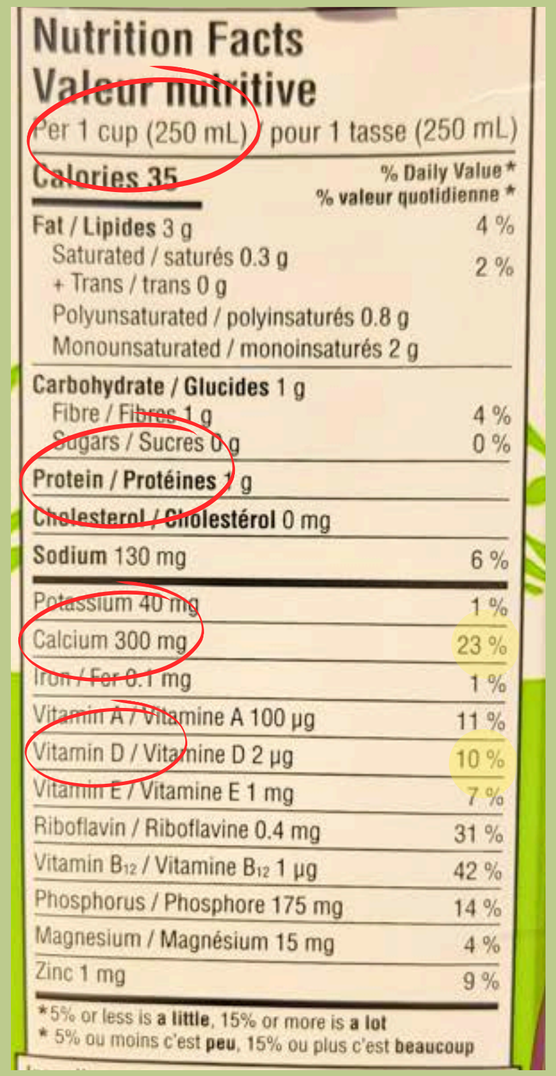
Almond Milk



Nutrition Facts
Valeur nutritive
Per 1 cup (250 mL) / pour 1 tasse (250 mL)

	% Daily Value* / % valeur quotidienne *
Calories 35	
Fat / Lipides 3 g	4 %
Saturated / saturés 0.3 g + Trans / trans 0 g	2 %
Polyunsaturated / polyinsaturés 0.8 g	
Monounsaturated / monoinsaturés 2 g	
Carbohydrate / Glucides 1 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 130 mg	6 %
Potassium 40 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.1 mg	1 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 2 µg	10 %
Vitamin E / Vitamine E 1 mg	7 %
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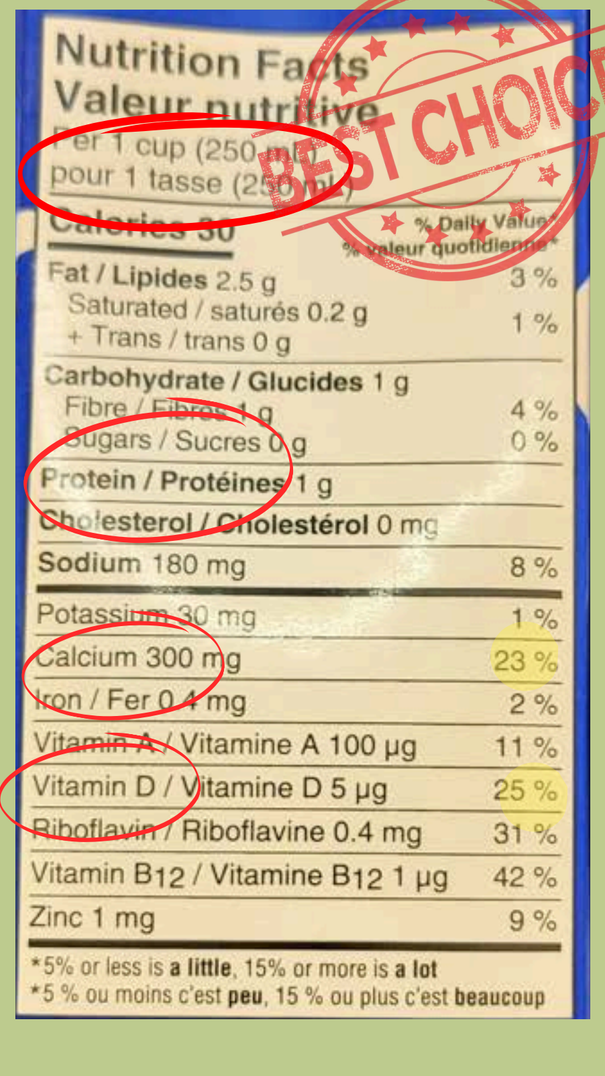
*1mcg Vit D = 40UI



Nutrition Facts
Valeur nutritive
Per 1 cup (250 mL)
pour 1 tasse (250 mL)

	% Daily Value* / % valeur quotidienne*
Calories 30	
Fat / Lipides 2.5 g	3 %
Saturated / saturés 0.2 g + Trans / trans 0 g	1 %
Carbohydrate / Glucides 1 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 180 mg	8 %
Potassium 30 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.4 mg	2 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin D / Vitamine D 5 µg	25 %
Riboflavin / Riboflavine 0.4 mg	31 %
Vitamin B12 / Vitamine B12 1 µg	42 %
Zinc 1 mg	9 %

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National Institutes of Health, 2024b

Whole Grain Oats Cereal

Nutrition Facts

Per 1 cup (27 g)

	Cereal Only	Plus 125 mL 2% p.s. Milk
Calories	**100**	**160**
		% Daily Value*
Fat 2 g†	3 %	6 %
Saturated 0.4 g + Trans 0 g	2 %	10 %
Carbohydrate 20 g		
Fibre 3 g	11 %	11 %
Sugars 1 g	1 %	7 %
Protein 4 g		
Cholesterol 0 mg		
Sodium 170 mg	7 %	10 %
Potassium 100 mg	3 %	7 %
Calcium 50 mg	4 %	15 %
Iron 3.5 mg	19 %	19 %
Vitamin A 0 µg	0 %	6 %
Vitamin D 0 µg	0 %	7 %
Niacin 1.25 mg	8 %	16 %
Vitamin B_6 0.15 mg	9 %	12 %
Folate 30 µg DFE	7 %	9 %
Pantothenate 0.45 mg	9 %	16 %
Phosphorus 125 mg	10 %	20 %
Magnesium 40 mg	10 %	12 %
Zinc 0.75 mg	7 %	11 %

†Amount in cereal

Nutrition Facts

Per 1 cup (37 g)

	Cereal Only	Plus 125 mL 2% p.s. Milk
Calories	**140**	**200**
		% Daily Value*
Fat 2 g†	3 %	6 %
Saturated 0.4 g + Trans 0 g	2 %	10 %
Carbohydrate 30 g		
Fibre 3 g	11 %	11 %
Sugars 12 g	12 %	18 %
Protein 3 g		
Cholesterol 0 mg		
Sodium 200 mg	9 %	11 %
Potassium 100 mg	3 %	7 %
Calcium 150 mg	12 %	23 %
Iron 5 mg	28 %	28 %
Vitamin A 0 µg	0 %	6 %
Vitamin D 0 µg	0 %	7 %
Niacin 1.75 mg	11 %	19 %
Vitamin B_6 0.225 mg	13 %	15 %
Folate 40 µg DFE	10 %	11 %
Pantothenate 0.6 mg	12 %	18 %
Phosphorus 125 mg	10 %	18 %
Magnesium 40 mg	10 %	12 %
Zinc 0.5 mg	5 %	11 %

†Amount in cereal

Whole Grain Oats Cereal

BEST CHOICE

Nutrition Facts

Per 1 cup (27 g)

	Cereal Only	Plus 125 mL 2% p.s. Milk
Calories	**100**	**160**
		% Daily Value*
Fat 2 g†	3 %	6 %
Saturated 0.4 g + Trans 0 g	2 %	10 %
Carbohydrate 20 g		
Fibre 3 g	11 %	11 %
Sugars 1 g	1 %	7 %
Protein 4 g		
Cholesterol 0 mg		
Sodium 170 mg	7 %	10 %
Potassium 100 mg	3 %	7 %
Calcium 50 mg	4 %	15 %
Iron 3.5 mg	19 %	19 %
Vitamin A 0 µg	0 %	6 %
Vitamin D 0 µg	0 %	7 %
Niacin 1.25 mg	8 %	16 %
Vitamin B_6 0.15 mg	9 %	12 %
Folate 30 µg DFE	7 %	9 %
Pantothenate 0.45 mg	9 %	16 %
Phosphorus 125 mg	10 %	20 %
Magnesium 40 mg	10 %	12 %
Zinc 0.75 mg	7 %	11 %

†Amount in cereal

Nutrition Facts

Per 1 cup (37 g)

	Cereal Only	Plus 125 mL 2% p.s. Milk
Calories	**140**	**200**
		% Daily Value*
Fat 2 g†	3 %	6 %
Saturated 0.4 g + Trans 0 g	2 %	10 %
Carbohydrate 30 g		
Fibre 3 g	11 %	11 %
Sugars 12 g	12 %	18 %
Protein 3 g		
Cholesterol 0 mg		
Sodium 200 mg	9 %	11 %
Potassium 100 mg	3 %	7 %
Calcium 150 mg	12 %	23 %
Iron 5 mg	28 %	28 %
Vitamin A 0 µg	0 %	6 %
Vitamin D 0 µg	0 %	7 %
Niacin 1.75 mg	11 %	19 %
Vitamin B_6 0.225 mg	13 %	15 %
Folate 40 µg DFE	10 %	11 %
Pantothenate 0.6 mg	12 %	18 %
Phosphorus 125 mg	10 %	18 %
Magnesium 40 mg	10 %	12 %
Zinc 0.5 mg	5 %	11 %

†Amount in cereal

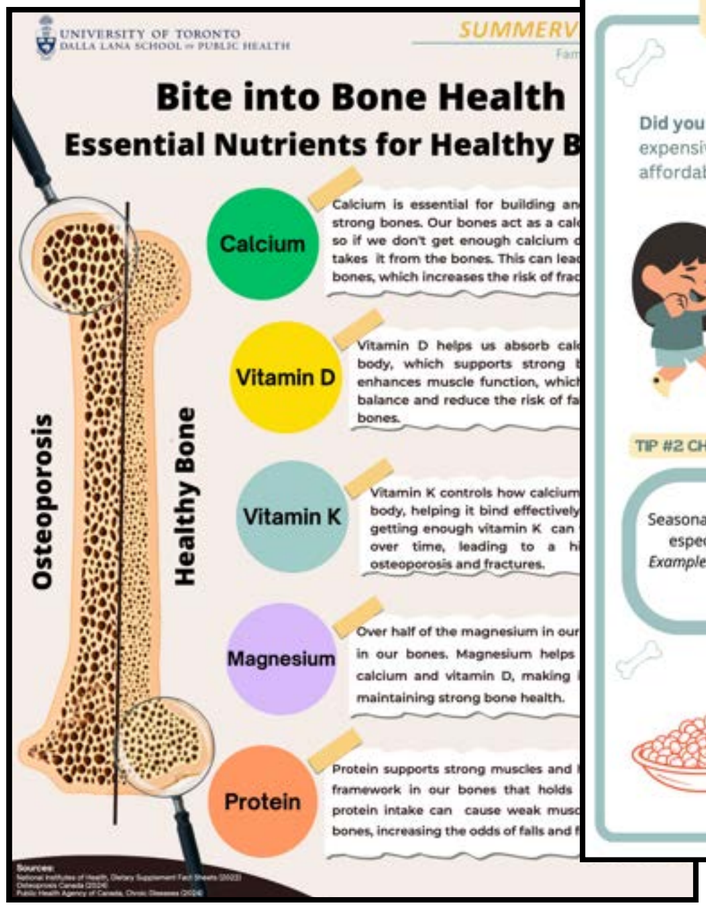
Food Demo

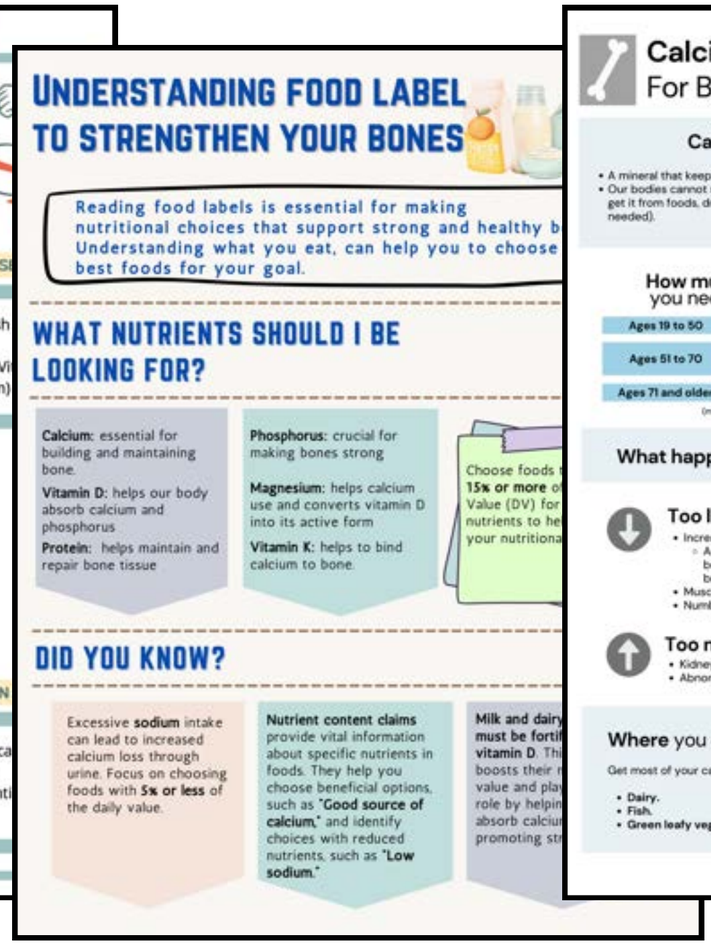
Tips!

- **Wanna customize?** Swap in any vegetables, milk, or cheese of **your choice**.
- **No skillet?** Pour batter into a greased **muffin tin** for mini frittatas. Bake at 220°C (425°F) for 10–12 minutes.
- **No oven?** Cover skillet and cook on stovetop, low-medium for 10–15 minutes until set.
- **Meal prepping?** Store in the fridge up to 3 days or freeze portions for later (for up to 3 months).
- **Recipe cost:** $11.20 (1.40-1.85/portion)

Additional Resources

https://drive.google.com/drive/folders/1WuGzEEP1fs4YKfniBbuAknQdaotv34O6?usp=share_link





THANK YOU

For listening

Questions?

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