

Table 2. Nutrition key points (18, 19)

Recommended dietary allowances (RDA)

- Calcium*:

Men

51-70 years: 1000 mg calcium/day

>70 years: 1200 mg calcium/day

Women

>50 years: 1200 mg calcium/day

- Vitamin D:

Men and Women

≤70 years: 600 IU vitamin D/day

>70 years: 800 IU vitamin D/day

To meet the RDA, Health Canada recommends a supplement of 400 IU/day**

- Protein:

Men and Women

>50 years: 0.8 g protein/kg body weight/day

Examples of common dietary sources

- Calcium-rich foods:

milk products (milk, yogurt, cheese)

fortified beverages (plant-based, orange juice)

canned salmon (with bones)

- Vitamin D-rich foods:

fatty fish (salmon, rainbow trout)

fortified foods (cow's milk, plant-based beverages)

eggs

- Protein-rich foods:

beef, pork, chicken, fish, eggs, milk products

legumes, beans, nuts, seeds

- **See Nutrition Resources and Tools on the OC website for additional information**

(<https://osteoporosis.ca/nutrition/>)

- **Consult with a registered dietitian when a nutritional assessment may be warranted.**

*Calcium refers to elemental calcium

**Health Canada 2022. <https://food-guide.canada.ca/en/applying-guidelines/advice-vitamin-mineral-supplementation/#vitamin-d>

Appendix 1, as supplied by the authors. Appendix to: Morin SN, Feldman S, Funnell L, et al. Clinical practice guideline for management of osteoporosis and fracture prevention in Canada: 2023 update. *CMAJ* 2023. doi: 10.1503/cmaj.221647. Copyright © 2023 The Author(s) or the employer(s). To receive this resource in an accessible format, please contact us at cmajgroup@cmaj.ca.