



Bone Health Nutrition Snapshot

A simple way to collect calcium, vitamin D, protein, and food-pattern questions before a visit.

Educational only: This sheet is for visit preparation. It is not a diagnosis, treatment plan, supplement instruction, or substitute for care from your own clinician.

Bring a 2-3 day snapshot

- List usual breakfast, lunch, dinner, snacks, drinks, supplements, fortified foods, and serving sizes when you can.
- Circle foods that supply calcium or protein; note foods fortified with calcium or vitamin D.
- Bring supplement labels or photos if you use calcium, vitamin D, multivitamins, or protein products.

Common reference amounts

Nutrient	Common adult reference point	Primary source
Calcium	Adults commonly range from 1,000-1,200 mg/day depending on age and sex.	NIH ODS Calcium Fact Sheet; NASEM DRI.
Vitamin D	Adults 19-70: 600 IU/day (15 micrograms); over 70: 800 IU/day (20 micrograms).	NIH ODS Vitamin D Fact Sheet; NASEM DRI.
Protein	Adult baseline RDA is commonly summarized as 0.8 g/kg/day; individual goals vary.	NASEM/IOM DRI; USDA DRI Calculator.

Context: These are reference values for generally healthy populations, not a personalized target. Kidney disease, kidney stones, malabsorption, medications, labs, fracture recovery, low appetite, bariatric surgery, pregnancy/lactation, and athletic or resistance-training goals can change the conversation.

Ask your clinician

- How much calcium do I already get from food and fortified foods before considering supplements?
- Should vitamin D be guided by my blood level, diet, sun exposure, absorption, kidney/liver health, or medications?
- Does fracture recovery, muscle loss, weight loss, kidney disease, or appetite change my protein target?

Highly reputable sources used for the intake figures

1. NIH Office of Dietary Supplements. Calcium: Health Professional Fact Sheet. Accessed June 25, 2026. <https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>
2. NIH Office of Dietary Supplements. Vitamin D: Health Professional Fact Sheet. Accessed June 25, 2026. <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>
3. Institute of Medicine. Dietary Reference Intakes for Calcium and Vitamin D. Washington, DC: National Academies Press; 2011. doi:10.17226/13050.
4. Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington, DC: National Academies Press; 2005. doi:10.17226/10490.
5. USDA National Agricultural Library. DRI Calculator for Healthcare Professionals. Accessed June 25, 2026. <https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator>

Generated for BonegevityMD. Bring this to your clinician if it helps organize the conversation.