



| — | FREE MEAL GUIDE | — |

Strong Bones Meal Plan

Calcium, vitamin D and everyday habits for bone health

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Building bone strength at the table

Bones are living tissue that constantly rebuild — and after 50, they need the right building blocks. Calcium and vitamin D do the heavy lifting, and plenty comes from everyday Malaysian food. A daily habit of including one or two calcium-rich foods makes a real difference over time.

Key points to remember

- Calcium: around 1,200mg a day is a good target for adults over 50.
- Vitamin D: from sunlight (morning, ~10–15 min) and from eggs, oily fish and fortified foods.
- Pair calcium with weight-bearing movement for the strongest effect.

A sample day on this plan

Meal	Options
Breakfast	Milk or fortified soy milk with oats · or a boiled egg with toast and a glass of milk · or tofu with a light soy dressing and rice.
Lunch	Sambal ikan bilis with rice and greens · or fish curry with tofu and vegetables · or a tuna and cheese sandwich on wholemeal.
Dinner	Baked sardines or anchovies with rice and kangkung · or chicken soup with tofu and broccoli · or dal with spinach.
Snack	A small bowl of yoghurt · a handful of roasted soy nuts · or a glass of milk with a few biscuits.

Weekly shopping list

- Fresh milk / fortified soy milk
- Ikan bilis (anchovies)
- Tofu (with calcium setter)
- Eggs
- Kangkung / bayam (spinach)
- Salmon / mackerel
- Fortified cereals
- Plain yoghurt
- Sardines (fresh or canned)
- Tempeh
- Broccoli
- Kai lan
- Cheddar cheese
- Oranges

Handy tips

- Tofu made with calcium sulphate is a great plant source — check the label.
- Leafy greens (kangkung, bayam, kai lan) add calcium and are easy to cook.
- Some food (excess salt, caffeine) can reduce calcium absorption — enjoy in balance.

This guide is general information, not medical advice. Always check with your doctor or a dietitian before major dietary changes, especially if you manage a health condition.

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