### Strong Bones Support Strong Performance

**Sports Dietitians Recommend**

- Stress fractures make up ~15% of athletic injuries. Strengthen bones with a calcium, vitamin D, and protein-rich diet.

#### Snack Ideas
- Cheese cubes with grapes and almonds
- Greek yogurt with trail mix topping

#### Meal Ideas
- Chicken/shrimp stir-fry with mushrooms, broccoli, and sesame seeds
- Spinach and egg omelet with cheese

### Food Sources

<table>
<thead>
<tr>
<th>Calcium</th>
<th>Vitamin D</th>
<th>High-Quality Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,000 to 1,300 mg/day</td>
<td>1,500 to 2,000* IU/day (RDA= 600 IU/day)</td>
<td>20 to 30 g/meal**</td>
</tr>
</tbody>
</table>

- **1 cup cooked broccoli**: 62 mg
- **1 can of white tuna**: 140 IU
- **Single-serve Greek yogurt**: ~13 g
- **1 serving of dairy foods (milk, cheese, yogurt)**: ~300 mg
- **1 cup of milk**: 120 IU
- **3 oz. chicken breast**: 21 g

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*CPSDA: National Dairy Council*

*NDC: National Dairy Council*

*For advice on customizing a nutrition plan, consult a sports dietitian.*

**To support building/rebuilding of muscle**