

Cooking for Bone Health

Tuesdays - 12:45-2:15 PM

Feb 3 - April 14 MAB2

Instructor: Anita Morgan

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Week 1 - Feb 3

What this class is and isn't, how it works, and what participants can expect.

Week 2 - Feb 10 (Calcium)

Calcium sources commonly used in cooking and preparation choices that affect absorption.

Week 3 - Feb 17 (Magnesium)

Magnesium-rich ingredients and cooking methods that influence retention.

Week 4 - Feb 24 (Vitamin D)

Dietary vitamin D sources and preparation practices that support effective use.

Week 5 - Mar 3 (Vitamin K2)

Naturally occurring vitamin K2 sources and preparation or pairing approaches that improve availability.

Week 6 - Mar 10 (Vitamin C)

Fresh vitamin C sources and the impact of cutting, cooking, and storage.

Spring Break - Mar 17

No class.

Week 7 - Mar 24 (B Vitamins)

Common food sources of B vitamins and preparation steps that preserve them.

Week 8 - Mar 31 (Zinc)

Zinc-containing ingredients and kitchen techniques that support absorption.

Week 9 - Apr 7 (Boron)

Whole-food boron sources and preparation practices that support uptake.

Week 10 - Apr 14 (Protein)

Everyday protein sources and preparation approaches that support strength and stability.