

MY NUTRITION AND BONE HEALTH DISCOVERY CHECKLIST

Compare your usual eating habits with the suggestions for nutrition for bone health. Find out what to continue doing. Discover the eating habits you can begin to change.

Here are some questions to consider:

1. Yes No

I eat at least 3 times a day, most days.

2. Yes No

Most meals I eat are balanced. Balanced meals include vegetables and/or fruits, protein rich foods and whole grains. Try to have your plate look like this:

BONUS: If yes, assume ~300 mg of calcium (not including calcium rich foods) every day

My Calcium (balance) = _____ mg

3. Yes No

I eat Vegetables and/or Fruit at all meals (and/or snacks).

4. Yes No

I eat 2-3 servings of calcium rich foods everyday (milk products, calcium rich non dairy sources or oral supplements like Ensure).

My Calcium (food) = _____ mg

5. Yes No

I take calcium supplement(s) to top up my calcium intake from foods.

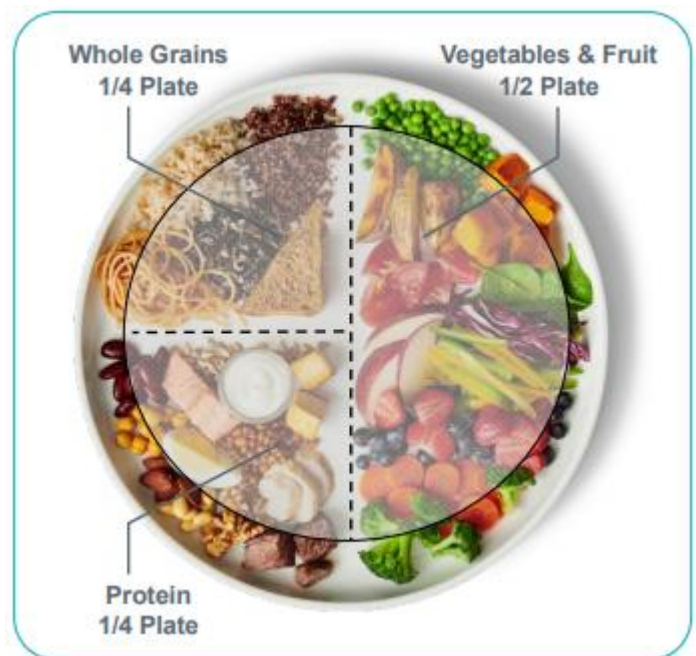
My Calcium (supplement) = _____ mg

6. Yes No

At least half of my calcium needs are met through the foods I eat.

7. Yes No

I spread my calcium intake (food and supplements) throughout the day as my body can only absorb ~500 mg of calcium at one time.



MY NUTRITION AND BONE HEALTH DISCOVERY CHECKLIST

(continued)

8. Yes No

I have protein foods at each of my meals and/or snacks.

9. Yes No

I am taking a vitamin D supplement daily.

10. Yes No

I am careful about the amount of salt/sodium I eat. I eat whole foods as much as possible and limit processed/packaged foods.

11. Yes No

I drink less than 2-3 cups of coffee every day.

12. Yes No

I do not have more than 2 alcoholic drinks/day.

WHAT DID YOU DISCOVER?

Did you answer 'YES' to any questions? If so, keep up these habits.

Did you answer 'NO' to any questions? If so, these are eating habits that you can work on. Choose one 'NO' that you would like to change to a 'YES'. You can start working on them right away or discuss them with a dietitian.

For now, write down one ACTION that you can take to try out a new eating habit in the next week.
