

# Calcium Diary

Name/Identifier: \_\_\_\_\_ Date: \_\_\_\_\_

**Directions:** Record the calcium in your meals for three days. This will help you estimate your average calcium intake. For help regarding calculations, please refer to the last page of the diary. **Do not include vitamins or supplements until the end.**

Breakfast	Amount	Calcium (mg)	Lunch	Amount	Calcium (mg)
<b>Breakfast Total</b>			<b>Lunch Total</b>		

Dinner	Amount	Calcium (mg)	Snacks	Amount	Calcium (mg)
<b>Dinner Total</b>			<b>Snack Total</b>		



# DAY ONE

**Total Calcium for Day One:** \_\_\_\_\_  
(add breakfast, lunch, dinner, and snack totals)

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Breakfast	Amount	Calcium (mg)	Lunch	Amount	Calcium (mg)
<b>Breakfast Total</b>			<b>Lunch Total</b>		

Dinner	Amount	Calcium (mg)	Snacks	Amount	Calcium (mg)
<b>Dinner Total</b>			<b>Snack Total</b>		



## DAY TWO

**Total Calcium for Day Two:** \_\_\_\_\_  
(add breakfast, lunch, dinner, and snack totals)

# Calcium Diary

Name/Identifier: \_\_\_\_\_ Date: \_\_\_\_\_

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Breakfast	Amount	Calcium (mg)	Lunch	Amount	Calcium (mg)
<b>Breakfast Total</b>			<b>Lunch Total</b>		

Dinner	Amount	Calcium (mg)	Snacks	Amount	Calcium (mg)
<b>Dinner Total</b>			<b>Snack Total</b>		

**Total Calcium for Day Three:** \_\_\_\_\_  
(add breakfast, lunch, dinner, and snack totals)



# DAY THREE

# Calcium Diary Summary

Name/Identifier: \_\_\_\_\_ Date: \_\_\_\_\_

## Total Calcium Over Three Days

Day One Total \_\_\_\_\_

Day Two Total \_\_\_\_\_

Day Three Total \_\_\_\_\_

**3-Day Total** \_\_\_\_\_ *(add Day One, Day Two, and Day Three totals)*

**Average calcium per day** = \_\_\_\_\_ *(divide your "3-day total" by 3)*

**If you take a calcium supplement, list the milligrams and when you take it (with meals or not).**

Calcium: \_\_\_\_\_

Vitamin D: \_\_\_\_\_

**NOTE:** To calculate calcium in milligrams, take the percentage of calcium on the food label (e.g. 20%) and add a zero to get 200 mgs per serving. If you do not have the information, we will review in class.

**NOTE:** When calculating calcium from your food, pay attention to the serving size. If you eat more or less than the serving size, calculate by proportion size. For example, if 1 cup of milk has 300 mg. of calcium, but you drink only half a cup, the amount of calcium in half a cup is 300 mg. divided by 2, or 150 mg. calcium. Make sure to record the amount that you eat for an accurate measurement.