

Healthy Bones

Name:

Date:

Keeping Bones Strong and Healthy

Your body uses calcium to build healthy bones and teeth. The calcium your body needs comes from food. Foods that are highest in calcium include milk, yoghurt, cheese and fish (sardines and salmon), soy, green vegetables like broccoli and kale.



How much calcium do you get?

Keep a food diary for 5 days. Record what you eat and identify whether these foods are high in calcium.

	Breakfast	Recess / Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Your calcium score:

Give yourself a point each time you had some milk, cheese, yoghurt, salmon, sardines, broccoli, kale, soy products like tofu, almonds, dried fig or oranges.

A score of 10 points over 5 days means you are getting lots of calcium.

