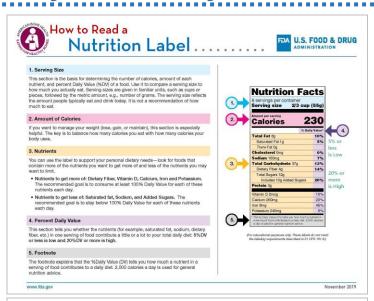


# **3-Day Food Diary**



## Components of a Healthy Diet



- Plant-based foods 80%
  - Fruits and vegetables - 50% of plate
  - Grains 30%
- Protein 20%
  - About half your body weight in grams
- Dairy 1 serving per meal



#### Calcium in Foods





1,000-1,200 mg or 3-4 servings of high calcium food

HIGH (200+ mg)	MODERATE (50-200 mg)	LOW (<50 mg)
Dairy foods	Almonds	Nuts and seeds
Sardines	Beans	Broccoli
Fortified cereals	Canned salmon	Cabbage
Fortified soy or rice milk	Green vegetables	Fruits
Fortified tofu	Breads	ndb.nal.usda.gov/ndb/search/list

Note: Fruits, vegetables, nuts and seeds have smaller amounts of calcium and the calcium in fruits and vegetables attaches to fiber and passes through the body.

## What's in Your Glass?



Source: http://ndb.nal.usda.gov/ndb/search/lis
 Calories vary depending on sweetener adder



### Vitamin D Is Essential

Food	Item	Vitamin D Range		
Fatty Fish	Salmon, sardines	3.8 – 12.5 mcg		
Dairy	Milk fortified with D	2.5 – 3.1 mcg		
Other Foods	Fortified cereals, juices	1.3 – 1.9 mcg		
Protein	Egg yolk	1.1 mcg		

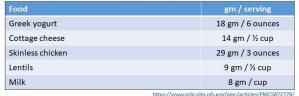
Calcium needs vitamin D to be absorbed in the intestine

- Sunshine alone is not a reliable source of vitamin D
- RDA varies from 15-50 mcg (600-2,000 IU) per day

It's very hard to get enough vitamin D through diet! Supplements are not expensive.

### Protein







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## **3-Day Food Diary**

Write down the type of food, how it was prepared, and approximate serving size for 3 consecutive days. Include at least one weekend day. Use extra paper if you need more space. Record calcium and vitamin D supplements.

	Day 1	Day 2	Day 3
Breakfast			
Lunch			
Dinner			
Snacks			
Supplements Calcium (mg) Vitamin D (mcg)			
Water (oz)			