

My Everyday Nutrition Workshop Guide

Starter Activity - Nutrition Assessment

In the chart below, record everything you ate yesterday, including any supplements you might have taken.

Once you have completed the chart, use the tables below to calculate your calcium and vitamin D intake and record this value in the right-hand column. We will return to this information later.

	What did you eat?	Total amount of vitamin D and calcium
Breakfast		
Lunch		

Dinner		
Snacks		
Supplements		

Food Sources of Calcium

Best sources (About 300 mg of calcium)

- Milk, lactose-reduced milk, buttermilk, or goat's milk, 1 cup (250 mL)
- Fortified soy, rice, or almond beverage, 1 cup (250 mL)
- Hard cheese (cheddar, Gouda, mozzarella, Swiss), 1 ½ oz (50 g)
- Milk, evaporated, undiluted, ½ cup (125 mL)
- Nutrition supplement drink such as Boost® or Ensure®, 1 cup (250 mL)
- Plain yogurt, ¾ cup (175 mL)
- Ricotta cheese, ½ cup (125 mL)
- Skim milk powder, ½ cup (75 mL)
- Tofu made with calcium, ¾ cup (150 g)



Good sources (About 200 mg of calcium)

- Flavoured yogurt, ¾ cup (175 mL)
- Camembert or feta cheese, 1 ½ oz (50 g)
- Kefir, ¾ cup (175 mL)
- Paneer, 1 ½ oz (50 g)
- Parmesan cheese, ½ oz (15 g)
- Pudding made with milk, ½ cup (125 mL)
- Salmon, canned with bones, 2 ½ oz (75 g)
- Sardines, canned with bones, 4
- Soup made with milk, 1 cup (250 mL)
- Blackstrap molasses, 1 Tbsp (15 mL)
- Dried smelt, ½ oz (15 g)



Sources (About 100 mg of calcium)

- Almonds, Brazil nuts, ¼ cup (60 mL)
- Almond butter, 2 Tbsp (30 mL)
- Bok choy, collard greens, or turnip greens, cooked, ½ cup (125 mL)
- Calcium-fortified orange juice, ½ cup (125 mL)
- Chia seeds, 2 Tbsp (30 mL)
- Cottage cheese, ¾ cup (175 mL)
- Frozen yogurt or ice cream, ½ cup (125 mL)
- Raita, ½ cup (75 mL)
- Seaweed, 1 cup (250 mL)
- Sesame butter (tahini), 2 Tbsp (30 mL)
- Skim milk powder, 1 Tbsp (15 mL)
- White beans, navy beans, or soybeans, cooked, ¾ cup (175 mL)



Sources of Vitamin D

Best Sources: About 200 IU (5 µg) or more

Arctic char*	2 ½ oz (75 g)
Pickled herring*	2 ½ oz (75 g)
Rainbow trout*	2 ½ oz (75 g)
Salmon*	2 ½ oz (75 g)

Good Sources: About 100 IU (2 ½ µg)

Milk, lactose-reduced milk, or goat's milk, fortified	1 cup (250 mL)
Fortified soy beverage or other fortified plant-based beverage such as almond, rice, or cashew	1 cup (250 mL)
Halibut*	2 ½ oz (75 g)
Sardines*	2 ½ oz (75 g)
Skim milk powder	½ cup (75 mL)

Sources: About 50–100 IU (1–2 ½ µg)

Eggs	2 large
Canned tuna	2 ½ oz (75 g)
Mackerel*	2 ½ oz (75 g)
Margarine	1 Tbsp (15 mL)
Yogurt with vitamin D	¾ cup (175 mL)

Nutrient amounts from Canadian Nutrient File, 2015.

*Note: Vitamin D levels of fish vary greatly.

Types of vitamin D supplements:

- tablets, softgels, chewables, sprays, or drops in doses of 400–1000 IU (10–25 µg)
- multivitamin supplements usually have 400–800 IU (10–20 µg)
- combined calcium and vitamin D supplements usually have 200–1000 IU (5–25 µg)

Calcium and Your Diet

Why is calcium so important?

Why is calcium important?

- Helps balance the _____ and _____ process of bones
- _____ the risk of breaking a bone

What is the recommended daily intake of calcium?

Age	Recommended calcium intake per day
19-50 years	
Over 50 years	

What are some ways to increase your daily intake of calcium?

With the people around you, brainstorm how you can increase your calcium intake in your diet and record your ideas in the space below.

Calcium Intake Calculator

Using your daily intake of calcium from the starter activity, how does it compare to your recommended daily intake of calcium?

My daily calcium intake recommendation is: _____
mg/day

	My calcium intake from food (from starter activity)	mg/day
+	My calcium intake from supplements (use the label on the bottle)	mg/day
=	My total calcium intake	mg/day

Calcium Supplements

Fill in the blanks below with the appropriate keyword.

- You may need a calcium supplement if
 - you do not get enough calcium from _____ every day
 - you do not include any _____ in your diet
 - your _____ recommends that you take a calcium supplement
- If choosing a supplement, you will need to consider the amount of _____ calcium in your total amount of calcium not just what you see on the front of the bottle
- The body can only absorb a certain amount of calcium at one time (about _____ of elemental calcium)

Why is Vitamin D so important?

Fill in the blanks below with the appropriate keyword.

- Helps your body absorb and use _____ from your diet and/or supplements
- Increases bone strength which _____ the risk of breaking a bone
- _____ muscle strength which may reduce the risk of falling

Vitamin D Calculator

Using your daily intake of vitamin D from the starter activity, compare your actual intake of vitamin D with that of your recommended daily intake. After you compare your recommended intake to your actual intake, write down your thoughts below using the questions as a guide.

What is YOUR recommended daily supplement intake? _____ IU

What was your vitamin D intake from the starter activity? _____ IU

How do these values compare? Are you getting enough vitamin D?

How can you ensure that you are in-taking enough vitamin D?

Which source of vitamin D is more effective? (circle one) D₃ or D₂

Dietary and Lifestyle Factors

With a partner, come up with a list of 4 possible dietary and lifestyle factors that can have adverse effects on your bone health.

Do any of these factors affect you?

Ensuring a Balanced Diet

Why is protein an important part of your bone health diet?

Cool-down Activity

My Action Plan for My Bone Health

Use the questions below to help guide you in creating an action plan for your bone health. The goal of this activity is to help you identify what you are already doing well and to highlight areas in which you might need some development. The Lifestyle Journal component is a method for helping you monitor your progress and aid you in being successful in improving your bone health.

Habits I want to keep:

- These are things you are doing well to help your bone health.

Habits I will start, stop or change:

- These are the areas in which you might want to improve. What do you think you could be doing better?

Your Lifestyle Journal

- Journaling is helpful by encouraging you to reflect on the changes you want to make in order to be more successful. Here is a way to get started. The goal with this is to reflect regularly and write down your thoughts so that you may see how well you are progressing and to help you identify any potentially troublesome areas.
- For a few days write down:
 - What you eat and drink and how much
 - Any problems or feelings about the changes you are making
- Review your progress regularly:
 - What are you doing well?
 - What do you still need to work on?
 - Do you need help to meet your goals?
- Your Dietitian and Healthcare Provider
- You can use all of this information that you have recorded about your habits and the changes you want to make to help inform the type of questions you might want to ask your dietitian or healthcare provider.
 - When do you plan on meeting with your dietitian or healthcare provider next?
 - What questions do I want to ask them at this next visit?