



My Daily Calcium Check™

Estimate one typical day before deciding whether your usual intake deserves a closer look.



GENERAL DAILY INTAKE REFERENCE

Ages 19 to 50: 1,000 mg | Ages 51 and older: 1,200 mg



HOW TO USE IT

Write down calcium-containing foods and drinks. Use the package label or the Calcium-Rich Foods at a Glance™ guide for an estimate.



BREAKFAST

Food or drink

Serving

Estimated calcium



LUNCH

Food or drink

Serving

Estimated calcium



DINNER

Food or drink

Serving

Estimated calcium



SNACKS & DRINKS

Food or drink

Serving

Estimated calcium



ESTIMATED CALCIUM FROM FOOD

Breakfast: _____ mg Lunch: _____ mg Dinner: _____ mg Snacks & drinks: _____ mg

FOOD TOTAL:

_____ mg



CALCIUM FROM SUPPLEMENTS, IF USED

Product and serving: _____ Amount: _____ mg

TOTAL FROM FOOD + SUPPLEMENTS:

_____ mg



WHAT I NOTICED

- ☐ My food intake appears close to the general reference. ☐ I rely heavily on fortified foods or supplements.
☐ My intake varies considerably from day to day. ☐ I may need help estimating my usual intake.

One calcium-rich choice I could add or use more consistently:



QUICK REFERENCE

Milk, 1 cup: about 300 mg | Yogurt, 6 oz: about 250 mg | Sardines with bones, 3 oz: about 325 mg | Fortified foods: check label



Gentle Reminder

This is an estimate, not a prescription. Your needs may differ, and more calcium is not automatically better.

Martine's Midlife Wellness Tip

Track a typical day, not your most perfect day. The goal is to see your usual pattern clearly.