

CALCIUM ASSESSMENT FOR STUDENT ATHLETES

Circle one:

Sex Male Female Age in years < 11 11 12 13 14 15 16 17 18 >18

Test your daily diet by taking the quiz below.

Student athletes need at least 1300 mg of calcium each day. Remember what you ate yesterday and answer the following questions.

- _____ 1. Did you drink milk (skim, lowfat, or regular) yesterday? If so, give yourself 3 points for every 8 oz. glass (1 cup).
- _____ 2. Did you eat fruit or plain yogurt? Give yourself 4 points for each 8-oz. serving (1 cup).
- _____ 3. Did you eat (1 oz.) fortified cereal with ½ cup of milk? Give yourself 4 points for every serving.
- _____ 4. Did you eat 1 oz. other type of cereal with ½ cup of milk? Give yourself 2 points for every serving.
- _____ 5. Did you drink juice that is fortified with calcium? For every 6-oz. serving, give yourself 2 points.
- _____ 6. Did you eat canned salmon with bones or tofu yesterday? Give yourself 3 points for each 3-oz. eaten (or ½ cup tofu).
- _____ 7. Did you eat cheese yesterday? For every 1 oz. eaten, give yourself 2 points.
- _____ 8. Did you eat cottage cheese? For each ½ cup serving, give yourself 1 point.
- _____ 9. Did you eat broccoli, kale, collards, spinach, or bok choy? For every 1 cup, raw or cooked, give yourself 1 point.
- _____ 10. Did you have ice cream, pudding, or frozen yogurt yesterday? For a 1 cup serving, give yourself 1 point.
- _____ 11. Did you eat any other food that was fortified with calcium. Give yourself 2 points for each serving.
- _____ 12. Did you take a Tums or other calcium supplement? Give yourself 2 points for each Tums or vitamin supplement.

NOW ADD UP ALL YOUR POINTS

_____ TOTAL POINTS

Multiply your total points x 100. This gives you about how much calcium you are getting each day. If your number is less than 1,300 mg, you increase your risk of broken bones.