

My Action Plan for Calcium



Name: _____

Check the box for each step you are doing now to get enough calcium. Check the boxes for the steps you plan to take. Write down other ways you plan to improve your calcium intake.

Things that I can do to get enough calcium every day

- Include a calcium-rich food or beverage with every meal. Try the *Fruity Delight*, *Macaroni and Cheese*, or *Rice Pudding* recipes, found at www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Pages/EasyMealsandSnacks.aspx or type “Easy Meals and Snacks: A Healthy Cookbook for Teens” into a web search engine.
- Choose a calcium-rich food or beverage for a snack every day. Ask your case manager to help you fill out the *How Much Calcium Am I Getting?* handout. www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Documents/MO-NUPA-HowMuchCalciumAmIGetting.pdf
- Use a drink with calcium instead of water in hot cereal, soups, pancake mix, and other recipes. Use nonfat or lowfat milk. Or use soy, almond or rice drink/milk that have added calcium.
- Drink less soda. I will reduce my soda intake by _____ (cans, bottles, glasses) per day.
- Along with eating calcium-rich foods, I will take a supplement with calcium as directed by my medical provider.
- Drink all the milk that I put on my cold cereal.
- My ideas for improving my calcium intake:

Am Doing	Steps I Will Take
<input type="checkbox"/>	<input type="checkbox"/>

Signature: _____

Date: _____