

Small Changes for Health 2006



Week 17

Calcium: It's what's in your bones! Calcium, as you have probably heard, is necessary for strong bones and teeth. If your calcium intake is low, calcium can be taken from your bones. Foods that are high in calcium are typically any dairy product. Although dairy products are high in calcium, they can also be high in fat. Be sure to choose low-fat dairy options: like **low-fat** cheese, milk, yogurt, cottage cheese, and ice-cream. If you don't consume or tolerate milk products don't worry, broccoli, oranges, salmon with the bones, okra, and almonds also are good sources of calcium. That's why this week's small change focuses on high-calcium foods.

Your Small Change: Eat at least 2 servings of high-calcium foods daily this week.

Check off the days you complete this activity below:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week 17

Your Small Change: Eat at least 2 servings of high-calcium foods daily this week.

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments:

Please return the bottom half of this form to
Health Promotion in Room 910, at the end of this week.

