

NUTRI NEWS

WORKSHEET

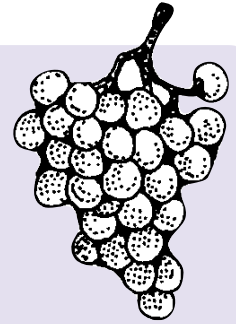
The Facts about Preventing Osteoporosis

After reading this lesson, answer the items below.

It should only take a few minutes.

1. Which of these calcium rich foods do you eat every day?

- Lower fat milk
- Lower fat yogurt
- Lower fat cheese
- Food made with milk like soup or pudding
- Higher calcium vegetables like broccoli
- Fish with bones
- Fortified cereals
- Fortified juice



2. What type of weight bearing exercise do you do every day?

- walking
- dancing
- lifting
- none of the above
- I don't do weight bearing exercise daily.

3. I am going to work on

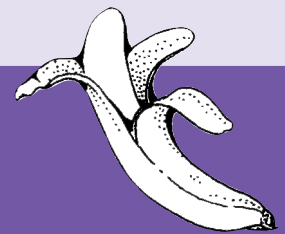
- Getting more calcium every day
- Doing more weight bearing exercise

4. Did you make the Salmon Spread or Low-Fat Cream Soup?

- Yes
- No
- Not Yet

If you made them, what did you think of them?

- Delicious
- Okay
- Didn't Like It



Name _____

Do you have a question? Would you like someone to phone you?

- Yes
- No

Phone Number _____

Date _____

tape here

To:

From:



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Home Study Course for Seniors



UNIVERSITY of NEW HAMPSHIRE
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