

BEST BONES FOR LIFE



Food Diary

Name: _____

In the table below record everything you eat and drink for the next five days (write the day and date at the top of each column). When complete, circle the foods that are high in calcium. Do you think you are eating enough calcium to build and maintain strong, healthy bones?

Day and date					
Breakfast					
Lunch					
Dinner					
Snacks					

☐ Lower Primary
 ☒ Primary
 ☒ Middle Years