



Lab A8-9 Osteoporosis Risk Assessment

Part I. Osteoporosis Risk Assessment

Complete the following questionnaire to determine your risk for developing osteoporosis.

Yes	No	
_____	_____	1. Do you have a small, thin frame?
_____	_____	2. Do you have a family history of osteoporosis?
_____	_____	3. Are you a postmenopausal woman?
_____	_____	4. Have you had an early or surgically induced menopause?
_____	_____	5. Have you been taking excessive thyroid medication or high doses of cortisone-like drugs for asthma, arthritis, or other disease?
_____	_____	6. Is your diet low in dairy products and other sources of calcium?
_____	_____	7. Are you physically inactive?
_____	_____	8. Do you smoke cigarettes or drink alcohol in excess?

The more times you answer “yes,” the greater your risk for developing osteoporosis. See your physician, and contact the National Osteoporosis Foundation for more information.

Part II. Do You Get Enough Calcium?

Write in the number of servings of each of the following types of calcium-rich foods you eat on an average day. Typical serving sizes are given for each.

High Calcium-Rich Foods

Milk and Milk Products

- _____ fat-free or reduced-fat milk or buttermilk (1 cup)
- _____ fat-free or reduced-fat yogurt (1 cup)
- _____ lowfat cheese (1-1/2 inch cube)
- _____ whole milk (1 cup)
- _____ milkshake (1 cup)
- _____ pudding (1 cup)
- _____ regular cheese (1-1/2 inch cube)

Meat, Beans, and Nuts

- _____ sardines with bones (6)
- _____ **Total servings of high calcium-rich foods**

Medium Calcium-Rich Foods

Milk and Milk Products

- _____ fat-free or reduced-fat cottage cheese (1/2 cup)
- _____ cream soup (1/2 cup)
- _____ ice milk, frozen yogurt, or ice cream (1/2 cup)

Meats, Beans, and Nuts

- _____ beans, peas, or refried beans (1 cup)
- _____ canned fish with bones (2 oz)
- _____ tofu processed with calcium (1/2 cup)
- _____ almonds (1/4 cup)

Vegetables

- _____ bok choy (1/2 cup)
- _____ broccoli (1 cup)
- _____ kale (1 cup)
- _____ mustard greens (1 cup)
- _____ turnip greens (1/2 cup)

Fruits

- _____ figs (5)
- _____ **Total servings of medium calcium-rich foods**

LAB A8-9 (continued)

Three servings of medium calcium-rich foods equals one high calcium-rich serving, so divide the total servings of medium calcium-rich foods by 3 before totaling your daily servings:

_____ servings of high calcium-rich foods + (_____ servings of medium calcium-rich foods ÷ 3)
= _____ total calcium servings

2–3 total servings = about 1000–1200 mg of calcium

3–4 total servings = about 1200–1500 mg of calcium

Refer to The Nutrition Resources section at the end of Chapter 8 in your text and fill in the calcium recommendation for people of your sex and age: _____ mg calcium/day

How does your intake compare? If it's too low, consider planning a behavior change strategy that focuses on increasing calcium intake.