

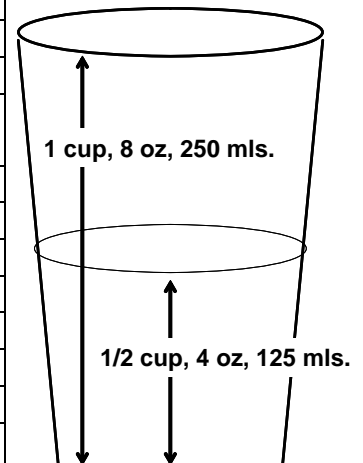
The Calcium Rapid Assessment Method

FOOD FREQUENCY QUESTIONNAIRE

Record the number of servings you ate on a typical day in the previous 7 days.

(Use the pictures to estimate serving sizes)

MILK -YOGURT-CHEESE	# SERVINGS DAILY
Cheese, 1oz or 6 tbsp.	
Cottage cheese, 1/2 cup	
Custard, pudding, or cream pie, 1/2 cup	
Ice cream, frozen yogurt, or milk shake, 1 cup	
Milk or cocoa, 1 cup	
Soy milk, 1 cup	
Yogurt, 1 cup	
Cream soups/sauce, 1 cup	
Macaroni and cheese, 1cup	
Pizza, 1/8 of 15" (8 slice pizza)	
Quiche, 1/8 of 8"	



FRUITS and VEGETABLES	# SERVINGS DAILY
Broccoli or cooked greens (beet/turnip greens, kale, collards, spinach), 1/2 cup	
Other vegetables, 1/2 cup	
Orange juice, 1 cup (enriched with calcium)	
Fruits, 1/2 cup or 1 small	
MEAL REPLACEMENT PRODUCTS	# SERVINGS DAILY
Slim fast, 1 can	
Jenny Craig bar, 1 bar	
Other: _____	

- Fist = 1 cup or 1 medium whole fruit
- Thumb (tip to base) = 1 oz. of meat or cheese
- Thumb tip (tip to 1st joint) = tbsp.
- Index finger (1st to 2nd joint) = 1"
- Palm (minus fingers) = 3 oz. of meat, fish, or poultry

BREADS-CEREALS-RICE-PASTA	# SERVINGS DAILY
Bread, 1 slice	
Bread, 1 slice (enriched with calcium)	
Cereal, 1 oz	
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2" biscuit/roll	
6" corn tortilla	
3" muffin, cornbread, or doughnut	
Rice, noodles, or pasta, 1 cup	
Pancake, waffle, or French toast, 1 serving	

FAT-SUGAR-ALCOHOL	# SERVINGS DAILY
Cake, 1/16 of 9"	
Beer, 12oz	
Colas, 12oz	
Chocolate, 1oz	
MEAT-FISH-POULTRY-DRY BEANS-NUTS	# SERVINGS DAILY
Dry beans, cooked (navy, pinto, kidney), 1 cup	
Meat, fish, poultry, 3 oz	
Peanuts, 1/2 cup	
Almonds, 1/2 cup	
1 egg	
Salmon (with bones), 3oz	
Sardine (with bones), 3 oz	
3oz shrimp	
7 to 9 oysters	
Tofu, 2 1/2"x 2 1/2"x 1"	