

Determine your daily calcium intake

Zeit für gute Vorsorge ...



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name first name date of birth

Your daily needs: 800-1000, during pregnancy, breastfeeding and after menopause 1200mg

number



1. How many dl of milk do you drink per week? (10dl = 1 liter)

2. How many cups of yogurt (180g) do you eat per week?

3. How many cups of quark (100g) do you eat per week?

4. How often do you eat hard cheese per week
(e.g. Emmentaler, Gruyère)?

Small portion (20g)

Medium portion (30g)

Large portion (50g)

5. How often do you eat soft cheese per week
(e.g. Camembert, brie, goat cheese)?

Small portion (20g)

Medium portion (30g)

Large portion (50g)

6. How often do you eat fresh vegetables per week
(including salad and vegetable soup)?

Small portion (75g)

Medium portion (150g)

Large portion (250g)

7. How many slices of bread
(50g = thin slice) do you eat
average per day?

8. How many rows of milk chocolate
do you eat a week?

9. How many dl of tap water
do you drink a day?

10. How many dl of mineral water
do you drink a day?

Adelbodener, Adello, Eptinger, Farmer

Contrex, Valser

Aproz

Aquella, M-Budget

Christallo, San Pellegrino, Rhaäzünser

Badoit, Passuger

Perrier, Fontessa

Elm, Christalp, Alpina

Vichy, Allegra, Henniez

Vittel, Evian, Arkina, Heidiland

Zurzacher, Volvic

other

11. How many supplement tablets do you take per day?

Burgerstein Osteovital forte (600 I.E. Vitamin-D=15 µg) 6 Tabl./day

Burgerstein Dolomit (0 I.E. Vitamin-D=0 µg) up to 6/Tag

Burgerstein CELA (200 I.E. Vitamin-D=5 µg) 2 Tabl./Tag

Burgerstein Schwanger&Stillzeit (300 I.E. Vitamin-D=7.5 µg) 2 Tabl./Tag

NATALBEN plus o. mamma (200 I.E. Vitamin-D=20 µg) 1x1 Tabl./Tag

elevit PRONATAL (500 I.E. Vitamin-D=12.5 µg) 1x1 Tabl./Tag

Calcimagon D3 forte (800 I.E. Vitamin-D=20 µg) 1x1 Tabl./Tag

Calcimagon D3 1x1 (400 I.E. Vitamin-D=10 µg) Tabl./Tag

KALCIPOS-D3 Filmtabl (800 I.E. Vitamin-D=20 µg) 1x1 Tabl./Tag

