

Determine your daily calcium intake

Name _____

Zeit für gute Vorsorge ...



Praxis Dr. med. Bodo Grahke
Gynäkologie und Geburtshilfe FMH
Kilchbergstrasse 19
8134 Adliswil

Your daily needs:

800-1000, during pregnancy, breastfeeding and after menopause 1200mg / day



	number	x	Factor in mg	Calcium in mg/day
1. How many dl of milk do you drink per week? (10dl = 1 liter)	_____	x	17	_____
2. How many cups of yogurt (180g) do you eat per week?	_____	x	30	_____
3. How many cups of quark (100g) do you eat per week?	_____	x	13	_____
4. How often do you eat hard cheese per week (e.g. Emmentaler, Gruyère)?				
Small portion (20g)	_____	x	24	_____
Medium portion (30g)	_____	x	36	_____
Large portion (50g)	_____	x	60	_____
5. How often do you eat soft cheese per week (e.g. Camembert, brie, goat cheese)?				
Small portion (20g)	_____	x	14	_____
Medium portion (30g)	_____	x	21	_____
Large portion (50g)	_____	x	35	_____
6. How often do you eat fresh vegetables per week (including salad and vegetable soup)?				
Small portion (75g)	_____	x	7	_____
Medium portion (150g)	_____	x	13	_____
Large portion (250g)	_____	x	20	_____
7. How many slices of bread (50g = thin slice) do you eat average per day?	_____	x	13	_____
8. How many rows of milk chocolate do you eat a week?	_____	x	6	_____
9. How many dl of tap water do you drink a day?	_____	x	9	_____
10. How many dl of mineral water do you drink a day?				
Adelbodener, Adello, Eptinger, Farmer	_____	x	50	_____
Contrex, Valser	_____	x	45	_____
Aproz	_____	x	35	_____
Aquella, M-Budget	_____	x	30	_____
Christallo, San Pellegrino, Rhaäzunser	_____	x	21	_____
Badoit, Passuger	_____	x	20	_____
Perrier, Fontessa	_____	x	14	_____
Elm, Christalp, Alpina	_____	x	12	_____
Vichy, Allegra, Henniez	_____	x	10	_____
Vittel, Evian, Arkina, Heidiland	_____	x	9	_____
Zurzacher, Volvic	_____	x	1	_____
other	_____	x	5	_____
11. How many supplement tablets do you take per day?				
Burgerstein Osteovital forte (600 I.E. Vitamin-D=15 µg) 6 Tabl./day	_____	x	83	_____
Burgerstein Dolomit (0 I.E. Vitamin-D=0 µg) up to 6/Tag	_____	x	120	_____
Burgerstein CELA (200 I.E. Vitamin-D=5 µg) 2 Tabl./Tag	_____	x	120	_____
Burgerstein Schwanger&Stillzeit (300 I.E. Vitamin-D=7.5 µg) 2 Tabl./Tag	_____	x	150	_____
NATALBEN plus o. mamma (600 I.E. Vitamin-D=15 µg) 1x1 Tabl./Tag	_____	x	120	_____
elevit PRONATAL (500 I.E. Vitamin-D=12.5 µg) 1x1 Tabl./Tag	_____	x	125	_____
Calcimaqon D3 forte (800 I.E. Vitamin-D=20 µg) 1x1 Tabl./Tag	_____	x	1000	_____
Calcimaqon D3 1x1 (400 I.E. Vitamin-D=10 µg) Tabl./Tag	_____	x	500	_____
KALCIPOS-D3 Filmtabl (800 I.E. Vitamin-D=20 µg) 1x1 Tabl./Tag	_____	x	500	_____
Your total daily calcium intake				_____
Your daily deficit per day from 25 years (1000 minus total)				_____
Your daily deficit per day during pregnancy and breastfeeding (1200 minus total)				_____
Your daily deficit per day from menopause (1200 minus total)				_____