



## I. How Does Your Mineral Intake Measure Up?

To complete this activity, reexamine your nutritional assessment from Chapter 2. Compare your intake of selected minerals with the RDA, AI, or other established standard. Use your completed nutritional assessment to fill out the table. For each mineral, record your intake, the intake recommended, the percentage of that recommendation you consumed, and a +, -, or = to indicate an intake higher, lower, or equal to the recommendations.

Mineral	Intake	RDA/Adequate Intake/ Minimum Needs	% of Needs	+/-/=
Calcium				
Phosphorus				
Sodium				
Potassium				
Iron				
Zinc				

### Analysis

1. Which of your mineral intakes equaled or exceeded the RDA (or other standard set)? Do the nutrients for which you exceeded the desired amounts pose a likely risk for toxicity, based on the total amount consumed?

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2. Which of your intakes were below the RDA (or other standard)?

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3. What foods and cooking practices could be emphasized or de-emphasized to modify your weaknesses? Indicate for each food the specific amount of the missing nutrient(s) supplied.

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## II. Working for Denser Bones

The Looking Further section on osteoporosis in this chapter discussed important information about the disease, which is characterized by thin and brittle bones.

Osteoporosis and related low bone mass affect many adults in North America, especially older women. In fact, one-third of all women experience fractures because of this disease, amounting to about 1.5 million bone fractures per year.

This is a disease you can do something about. Some risk factors can't be changed, but others can. To what degree are you doing the things that can help prevent this debilitating disease? Answer yes or no to the following questions by placing an X in the appropriate blank.

	Yes	No
1. Do you average at least 20 minutes of sun exposure per day to at least your hands and face to get vitamin D, or do you drink vitamin D-fortified milk regularly?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you engage in weight-bearing physical activity (jogging, brisk walking, etc.) for at least 30 minutes on most or all days of the week?	<input type="checkbox"/>	<input type="checkbox"/>
3. If you are a woman, do you experience regular menstruation?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you avoid smoking cigarettes?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you avoid regular consumption of large amounts (greater than one to two drinks per day) of alcohol?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you consume milk and other dairy products regularly, or substitute other sources to meet at least the Adequate Intake for calcium?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you moderate intake of phosphorus, sodium, protein, and caffeine?	<input type="checkbox"/>	<input type="checkbox"/>

The more yes answers you have, the more you are actively preserving your bone density for the future. Also, remember that this is not just a consideration for women, because if men plan to live well into their eighties and nineties, they are at risk for osteoporosis. In fact, about 14% of all spine fractures and 25% of all hip fractures that are linked to osteoporosis occur in men.