

EAT WELL, AGE WELL.

Monthly Tracking Calendar – Nutrition and Bone Health

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: DRINK AT LEAST 1 CUP OF FORTIFIED MILK EACH DAY THIS WEEK FOR REGULAR CALCIUM INTAKE

WEEK 2: CONSUME A FATTY FISH SUCH AS SALMON AT LEAST ONCE THIS WEEK TO INCREASE YOUR VITAMIN D INTAKE

WEEK 3: EAT A DARK LEAFY GREEN SALAD OR BROCCOLI 2 TIMES THIS WEEK FOR ADDED CALCIUM

WEEK 4: TRY THIS BREAKFAST RECIPE FOR SCRAMBLED EGGS WITH SPINACH AND CHEESE AT THE WEBSITE PROVIDED: <https://www.williams-sonoma.com/recipe/scrambled-eggs-with-spinach-and-white-cheddar.html>

Complete the Weekly Challenges & you will feel better and be more in control of your health. We Dare You!