

**BANK
ON**

HEALTHY BONES

OSTEOPOROSIS,

a bone-thinning disease, is preventable!
Don't let it happen to you!

Start Early

Prevention starts early. Good bone health is a lifelong process that begins in childhood. Nearly half of all bone is formed during the teen years.

Keeping it Up

No matter what your age, dairy foods are an important part of a healthy diet. Up to age 30, young women and men can build a "bone bank" that must last a lifetime. After age 30, dairy foods will help you maintain your bone health. It's never too late to invest in your bones.

Silent Disease

Osteoporosis is called a silent disease because bone loss happens with no early warning signs. Don't wait for symptoms. Bones break in the advanced stages of the disease.

GOOD INVESTMENT STRATEGIES

- ◆ Eating at least "3 Every Day" of Dairy
Dairy foods have a unique package of nutrients that keep your bones strong and healthy. You won't find this unique package of nutrients in supplements or fortified foods.
- ◆ Moving Your Assets
Regular activity like walking, dancing and aerobics makes bones stronger. Exercise for at least 30 minutes every day.

Recommended Daily Calcium Amounts

Age Group	Calcium needed (mg)	Number of daily milk group servings needed
*Children 1-3 yr	500 mg	3
Children 4-8 yr.	800 mg	3
Teens 9-18 yr.	1,300 mg	4
Adults 19-50 yr.	1,000 mg	3
Adults 51 + yr.	1,200 mg	4

A serving is equal to an 8 oz. glass of milk, 1 1/2 oz. of cheese or an 6-8 oz. serving of yogurt.

*Serving size equals 2/3 cup of an adult serving.

Source: American Academy of Pediatrics, 2006.

Healthy bones need enough calcium, plenty of weight-bearing activity and a healthy lifestyle.



My Personal Investment Plan for "3 Every Day" of Dairy

For calcium, 1 cup of milk is about equal to...

- ◆ 1 cup chocolate or flavored milk
- ◆ 1 1/2 oz. natural cheese
- ◆ 2 oz. process cheese
- ◆ 6-8 oz. yogurt

1. Circle the calcium-rich dairy foods you like or are willing to eat from the list above.
2. Decide when you will eat them.
3. Fill in the boxes below:

	Dairy Food & Amount	When
Day #1	1.	
	2.	
	3.	
Day #2	1.	
	2.	
	3.	

4. If you are away from home, ask yourself: What do I need to do to make these foods available? _____
5. Try out your plan for 2 days:

Plan works great, I'll repeat it for the rest of the week!

I will follow the plan with these improvements:

Good job! Eating calcium-rich dairy foods is an easy way to make calcium deposits in your bone bank!

Review the plan monthly to see if you're staying on track. Remember to check out all the flavors of milk and yogurt, and convenient cheese options in the dairy case.

**WISE
BONE
BANK
DEPOSITS**

Wise Bone Bank Deposits

- ◆ Drink milk at every meal!
- ◆ Enjoy cheese as a snack.
- ◆ Drink flavored milk, like chocolate or strawberry.
- ◆ Have a carton of yogurt for a snack or as part of breakfast or lunch.
- ◆ Add cheese to sandwiches, casseroles, soups, salads, or burgers.
- ◆ Substitute milk for water in soups, hot cereals, mashed potatoes, rice and scrambled eggs.
- ◆ Make a smoothie with milk or yogurt blended with your favorite fruit.