

# Bone Builders

## Calcium and Vitamin D + Physical Activity = STRONG BONES

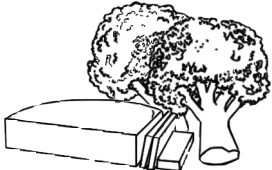

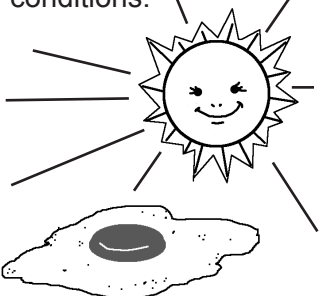

Don't be surprised if your child wants to make a "combination" food. We have been thinking about how we could put different foods together in new ways. The rule is that the foods must be from the food groups.

Try making "combination" foods at home. Put four or five foods that belong to different food groups on the table. See how creative your child can be combining them for a new taste treat!

We have also been learning which foods help to build strong bones. During childhood and the teenage years, our bones become larger and denser. We reach our largest bone density and strength in our 20's. Now is the time for your child to build strong bones and prevent osteoporosis later in life. To build strong bones, we need three things:

- calcium,
- vitamin D, and
- weight-bearing physical activity.

This chart will tell you what foods and types of physical activity are "bone builders."

Calcium	Calcium and Vitamin D	Vitamin D	Weight-Bearing Physical Activities*
<ul style="list-style-type: none"> <li>• Milk</li> <li>• Cheese</li> <li>• Yogurt</li> <li>• Broccoli</li> <li>• Kale</li> <li>• Collard greens</li> <li>• Bok choy and other dark green, leafy vegetables</li> <li>• Canned salmon with soft bones</li> <li>• Almonds</li> </ul> 	<p>These products often have calcium and/or vitamin D added:</p> <ul style="list-style-type: none"> <li>• Juices</li> <li>• Bread</li> <li>• Soy beverages</li> <li>• Rice beverages</li> <li>• Cereal</li> <li>• Milk</li> </ul> <p>The products will be labeled as "enriched with calcium" or "fortified with calcium."</p> 	<ul style="list-style-type: none"> <li>• Egg yolks</li> <li>• The skin produces vitamin D when it is exposed to sunlight. Ten to fifteen minutes of outdoor activity two or three times a week will provide enough vitamin D under most conditions.</li> </ul> 	<ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• Soccer</li> <li>• Ice skating</li> <li>• Walking</li> <li>• Jogging</li> <li>• Dancing</li> <li>• In-line skating</li> <li>• Tennis</li> <li>• Jumping rope</li> <li>• Basketball</li> <li>• Baseball</li> </ul> <p>*Weight-bearing activities require a person to carry his or her full weight.</p> 

# Make a Family Plan



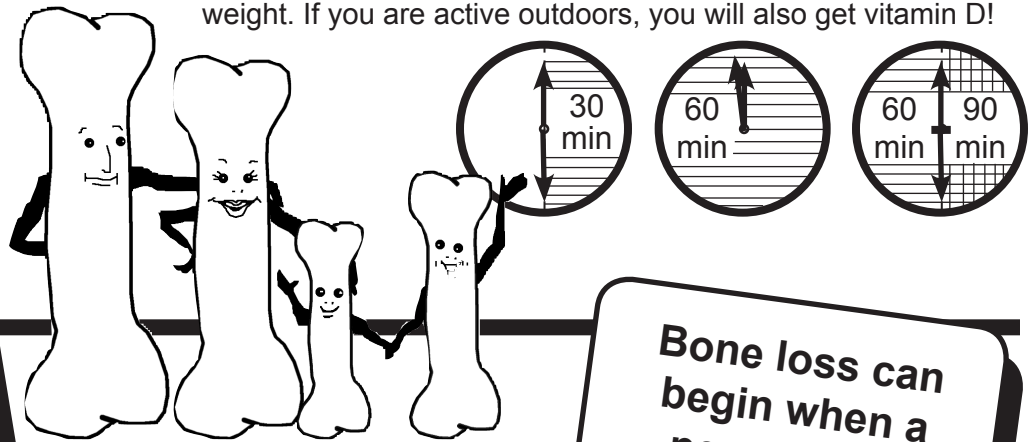
Make a family plan to get the calcium, vitamin D, and physical activity each member of your family needs. The young people in your family will build strong bones. The adults will maintain the bone strength they have.

## Calcium and Vitamin D

Most people get calcium from the milk, cheese, and yogurt food group. A second grader should have two cups of beverages or foods from this group. Teens and adults should have three cups. Choose low-fat or nonfat dairy beverages and food products. They help everyone maintain a healthy weight and provide as much, and sometimes more, calcium than higher fat options.

## Physical Activity

All young people in your family, including teens, should be getting 60 minutes of physical activity each day. Experts say 60 minutes is needed for young people to stay healthy. Adults should get a minimum of 30 minutes. Try 60-90 minutes of physical activity if you are trying to lose weight. If you are active outdoors, you will also get vitamin D!



Both women and men can suffer from osteoporosis.

Bone loss can begin when a person is in his or her 30's.

## Learn More About Healthy Eating and Physical Activity

Visit the MyPyramid website to learn a healthy eating plan for each member of your family. You will need to submit each person's age, sex and level of activity. Then, the website will tell you exactly how much of each food group you should eat. [www.mypyramid.gov](http://www.mypyramid.gov)

Find tips and ideas for increasing your child's physical activity using brochures found at the Centers for Disease Control and Prevention website. [www.cdc.gov/HealthyYouth/physicalactivity/publications.htm](http://www.cdc.gov/HealthyYouth/physicalactivity/publications.htm)

Visit the American Academy of Pediatrics website. Click on "Health Topics" and the "Parents' Corner." [www.aap.org/](http://www.aap.org/)

Visit the "Family Corner" on the Educational Materials Center website at [www.emc.cmich.edu/family](http://www.emc.cmich.edu/family). Research children's books or a health topic of interest to you.

