

Bone Building Partnership



Now is the time for your child to build strong bones. Our bones become larger, heavier, and denser when we are children and teens. We reach our maximum bone strength in our 20's. Help your child build strong bones NOW to avoid osteoporosis later in life. To build strong bones, we need three things:

- calcium
- vitamin D
- weight-bearing physical activity

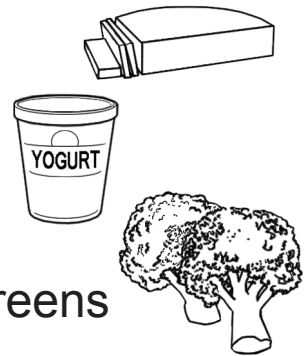
Calcium: An Essential Mineral for Strong Bones

Where do we get calcium?

- Dairy products, such as milk, cheese, and yogurt, are an important source of calcium. Low-fat dairy drinks and foods provide as much, and sometimes more, calcium than higher fat options.
- Dark green leafy vegetables, such as broccoli, kale, collard greens, and bok choy, provide non-dairy sources.
- Fish with bones, such as sardines and salmon, and almonds are good sources.
- Foods with calcium added, such as juices, bread, soy and rice drinks, and cereal, are also available. They will be labeled as "enriched with calcium" or "fortified with calcium."
- Check the Nutrition Facts food label on the food package if you are unsure.

Calcium Sources

- Milk
- Cheese
- Yogurt
- Broccoli
- Kale
- Collard Greens
- Bok Choy
- Fish with bones, such as sardines or salmon
- Almonds
- Calcium Enriched Juice
- Calcium Fortified Cereal



Vitamin D: Helps the Body Absorb Calcium

Where do we get vitamin D?

- The skin produces vitamin D when it is exposed to sunlight. Ten to fifteen minutes of outdoor activity two or three times a week is usually enough.
- Drinks or foods that have vitamin D added are another way to get this vitamin. These foods will usually be labeled as "fortified or enriched with vitamin D." Milk and many cereals have vitamin D added.
- Vitamin D is also found in egg yolks.

Bone loss can begin when a person is in his or her 30's. Both women and men can suffer from osteoporosis.

Physical Activity



What kinds of physical activities build bones?

Weight-bearing activities are the best type of exercise for building strong bones. Weight-bearing activities require a person to carry his or her full weight. Gymnastics, soccer, figure skating, weight lifting, walking, jogging, dancing, in-line skating, tennis, jumping rope, and volleyball are examples of bone-building activities. They help other parts of our body, too!

Go on a Treasure Hunt!

Everyone likes to hunt for treasures. You will find these treasures right in your own home! The prize for finding the treasures is **STRONG BONES!**

Activity 1: Hunting for Calcium

Ask each family member to guess what foods or drinks that contain calcium are in the house. Write down each person's ideas. Then, search to see who guessed the most calcium-rich "treasures." Check the Nutrition Facts food label on the food package to be sure.

Activity 2: Searching for Vitamin D

See how many vitamin D-rich foods and drinks you can find at home. Place the "treasures" on a counter. Check the "treasures" to see if they provide both calcium AND vitamin D.

Activity 3: Creating Treasures

Use the foods and drinks from Activities 1 and 2 to create new ways to get calcium and vitamin D in your family's diet.

If you didn't find very many calcium- or vitamin D-rich foods and beverages, ask your child to go with you to the store to find other foods and beverages that will help to build strong bones.

Activity 4: Moving Treasures

Ask each family member to make a list of physical activities he or she likes to do. Draw a bone next to those activities that involve a person carrying his or her full weight. These activities build strong bones. For example, running, playing badminton, dancing, and jumping rope are good bone-building activities.

Draw a sun next to the activities that can be done outside. These activities will help a person get vitamin D, as well as physical activity...a double treasure!

Find one or two activities you can do together as a family. Schedule a time to be physically active together!

Activity 5: Try These Calcium-Rich Treasures

- Sprinkle 1/4 cup shredded or sliced low-fat mozzarella cheese on top of a split bagel or English muffin. Microwave or heat in a toaster oven until melted.
- Melt one slice of low-fat cheese between two toaster waffles in the microwave or toaster oven.
- Mix one can of tuna with three big spoonfuls of plain, low-fat yogurt and 12 chopped grapes. Spread on each half of an English muffin. Top with a slice of low-fat cheese. Place in a toaster oven or microwave until the cheese melts.
- Mix two spoonfuls of your favorite cereal and one spoonful of raisins into a container of low-fat vanilla yogurt.
- In a blender, place 2 1/2 cups of plain or vanilla low-fat yogurt, two bananas, and 2/3 cup of frozen orange juice concentrate. Process this mixture until smooth. Divide into cups. Eat it like a smoothie or put a popsicle stick in it and freeze.
- Place popcorn into a baking pan. Sprinkle with cheese. Mix with a fork. Heat the popcorn in the oven at 350 degrees for five to eight minutes or until the cheese is melted.
- Spread two spoonfuls of salsa on a corn tortilla. Top with shredded low-fat cheese. Place in a toaster oven or microwave and heat until the cheese melts.
- Mix one can of tomato soup with one can low-fat milk and heat. Pour in a mug and sprinkle with Parmesan cheese.