

# SMALL STEPS FOR BETTER HEALTH:

## Build and Maintain Healthy Bones

### Why should you think about your bones now?

As you grow from a child to a young adult, your bones grow and get thicker and stronger. After age 35 many adults begin to lose bone mass. The subtle loss of bone thickness cannot be felt, but can lead to future bone fractures and osteoporosis concerns.

Practicing good bone health habits can make all the difference in decreasing your risk factors.

### What can you do to maintain healthy bones?

- Eat foods that are a good source of calcium and vitamin D.

Calcium and vitamin D work together to build and maintain your bones.

We can also make vitamin D when our skin is exposed to sunlight. How much sun you need, varies based on where you live, what time of year it is and the color of your skin. For these reasons, it is important to eat foods that provide vitamin D.

For your age range you should be getting \_\_\_\_\_ servings of calcium and vitamin D. Below is a chart to help you get started.

#### Good sources of both calcium and vitamin D

Milk  
Dry Cereal  
Yogurt  
Orange Juice  
Soy milk  
Salmon  
Collard Greens



Foods can have different amounts of calcium and vitamin D added to them. Read the Nutrition Facts panel and pick foods with at least 10% of the recommended Daily Value for both.

- Regular weight bearing exercise is also very important to help keep your bones healthy. Examples of weight bearing exercise include walking, running and lifting weights. Exercise at least 30 minutes most days of the week to help keep your bones strong.
- Don't smoke and if you drink alcohol, limit your consumption.

### Take a Step Today:

I understand taking care of my bones now is important.

Today I will:

- Add a serving of non-fat or low-fat dairy to my diet by reading nutrition facts panels and choosing foods that provide a good source of both calcium and vitamin D (at least 10% of recommended Daily Value for both).
- Plan a time in my day when I will do some weight bearing exercise like go for a \_\_\_\_\_ minute walk.
- Buy a dietary supplement that provides calcium plus vitamin D if my healthcare professional doesn't think I am getting enough of these nutrients in my diet.
- \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



Yoplait is the only leading yogurt with calcium and vitamin D in every cup

### What's New?

Vitamin D plays a critical role in bone health, but it also may play an important role in prevention of some chronic diseases.

The 2005 Dietary Guidelines for Americans recommends 3 servings of low-fat dairy every day.

### Are you lactose intolerant?

Try yogurt. The live and active cultures in yogurt make it easier to digest than milk so you can still get the benefits of dairy. You can also buy milks that are low in lactose.

