

NUTRIGRAM

April 2008

Build Your Bones

Most people don't think about their bones until they have a problem with them. If you have ever broken a bone, you know how important they are to us and in everything that we do. They give our bodies structure, protect our organs, keep our muscles in place, and store calcium—a key mineral for bone health and strength. In order to keep our bones strong, we must take good care of them.

Did you know?

By the age of 30, the average person has finished building their bone mass. This means that what you do for your bones as a kid and as a teenager will help determine how strong your bones are for the rest of your life! You can think of your bones as a bank account. You can make deposits when you are young that will have to last your whole life.

What should you eat to build stronger bones?

Calcium. Calcium is a mineral needed by the body for healthy bones, teeth, and for the heart, muscles, and nerves to work properly. The body cannot make calcium, so we have to get it from food. Here are some good sources of calcium:

- Milk
- Cheese
- Yogurt
- Almonds
- White beans
- Calcium enriched juice
- Broccoli
- Fortified soy milk

Vitamin D. Vitamin D helps deposit calcium in your bones and helps protect you from bone disease by keeping bones strong. Vitamin D is found in canned salmon, fortified milk, fortified orange juice and fortified cereals. It is also known as the “sunshine vitamin” because your body makes it after sunlight hits your skin. Just a few minutes of sun three times a week can help the body activate vitamin D in the skin.

What kind of exercise is good for bones?

Incorporating physical activity, especially the kind of activity where you may need to use some strength, is a great way to keep bones healthy. Here are some good exercises to help build your bones:

Walking, jogging, or running
Field hockey
Jumping rope
Dancing
Soccer

Tennis or racquetball
Stair climbing
Basketball
Hiking
Volleyball



BALANCED CHOICES
for a healthy lifestyle

Monthly SUPERFOODS Promotion

Yogurt
is rich in calcium and an excellent source of protein!

Yogurt is milk that has been inoculated with 2 live cultures: *Lactobacillus bulgaricus* and *Streptococcus thermophilus*.

Probiotics are helpful bacteria

Yogurt is extremely versatile and can be used as a substitute for many high-fat foods such as mayonnaise, sour cream, cream, and ice cream.

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