

NUTRIGRAM

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Build Up 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. They provide structure, protect our organs, anchor our muscles, and store calcium. 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 in your teens will help determine how strong your bones are for the rest of your life! You can think of your bones as a bank account that you can only make deposits into when you are young, but 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 proper functioning of the heart, muscles, and nerves. The body cannot make calcium, so we have to get it from food. Between the ages of 9-18, a really important time for bone building, we need to get **1300mg** of calcium per day.

Here are some good sources of calcium:

Item	Calcium per serving	Item	Calcium per serving
Milk, 8oz	306mg	Beans, white, 1 cup	161mg
Cheese, 2oz	409mg	Broccoli, 1 cup	62mg
Yogurt, 8oz	384mg	Almonds, 1/4 cup	59mg
Calcium enriched juice, 8oz	350mg	Fortified Soy Milk, 8oz	372mg

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 weight-bearing physical activity into an exercise plan is a great way to keep bones healthy. Here are some good exercises to help build up your bones:

walking, jogging, or running
field hockey
jumping rope
dancing
soccer
weight lifting

tennis or racquetball
stair climbing
basketball
hiking
volleyball

BALANCED CHOICES
for a healthy lifestyle

Monthly SUPERFOODS Promotion

SOY
good for you

phytoestrogens
isoflavones
essential amino acids

How many ways can you say SOY? If you've tried edamame, tofu, or miso soup you're familiar with this versatile source of PLANT PROTEIN. But, did you know that soybeans and soyfoods are packed with ISOFLAVONES and PHYTOESTROLS which may help prevent heart disease and certain types of cancer? Good reasons for you to discover the "joy of SOY".

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