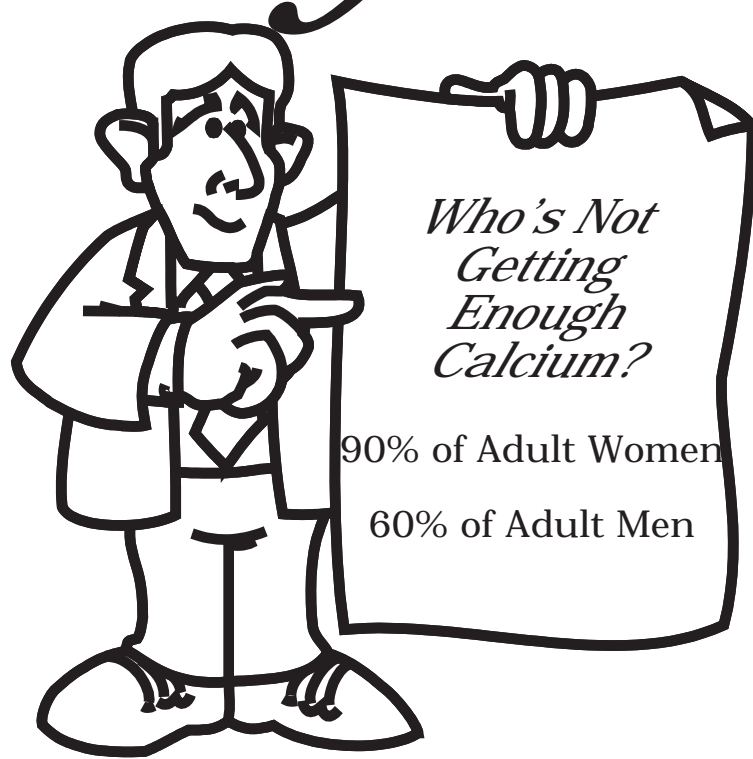


Healthy Bones



What Can You Do To Keep Your Bones Healthy?

- Get Plenty of Calcium
 - * Milk on your cereal
 - * Cheese on a sandwich
 - * Yogurt for a snack
 - Get Plenty of Vitamin D
 - * Consume vitamin D-fortified foods
 - * Enjoy 10-20 minutes in the sun each day without sunscreen
 - Get Physical Activity
 - * Keep your bones healthy by being physically active
- Ask Your Doctor What You Can Do To Prevent Osteoporosis!
- Source: The Family Nutrition Program within Family & Consumer Sciences, Cooperative Extension Service, Kansas State University, Manhattan, KS.

- | | |
|--------------------|----------------------|
| <i>Balance</i> | <i>Milk</i> |
| <i>Bones</i> | <i>Osteoporosis</i> |
| <i>Broccoli</i> | <i>Strength</i> |
| <i>Calcium</i> | <i>Turnip Greens</i> |
| <i>Cheese</i> | <i>Vitamin D</i> |
| <i>Flexibility</i> | <i>Yogurt</i> |

Recommended Daily Calcium Amounts

Age Group	Calcium Needed (mg)	Number of Daily Servings*
Adults 19-50 yrs.	1,000 mg	3
Adults 51 + yrs.	1,200 mg	4

* A serving is equal to one cup (8 ounce glass) of milk, 1.5 ounces of cheese or 8 ounces of yogurt.
Source: Dietary Reference Intakes, National Academy of Sciences, 1997