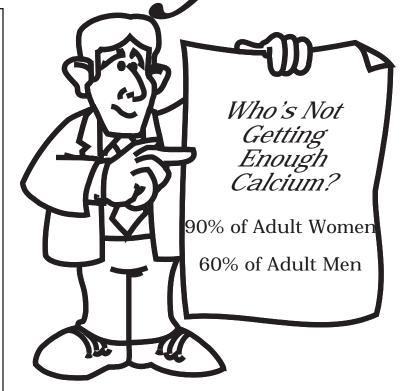
HealthyBones



BAKNTAMMQGGSBAW ALAJSISJP BLJATUYAEFZNFL XTAARJCVEFXOECE BUNHMREMSYSYX WLGGECGUGTPWYAI FOWEUPEVEBJSPEB Y X S T I R M O I K C J M N I TNCPPYBTALOZL NORWKODEULAYEQI NUZRRXXREUKMAXT TKGOBROCCOLII KZSSTRENGTHKRNJ MUICLACMILKZD MQQWNQOUAVJKCR



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.

Balance Bones Broccoli Calcium Cheese

Flexibility

Milk Osteoporosis Strength TurnipGreens VitaminD **Yogurt**

Recommended Daily Calcium Amounts

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

 * 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