BUILDING BONES TO LAST A LIFETIME

Eating 3 servings of dairy foods a day (for everyone over the age of 8) and regular physical activity are important ways for the entire family to build stronger bones that last a lifetime. The nutrients found in dairy foods include calcium, phosphorus, protein, and vitamin D. They work together to help build and protect bones. Most doctors and nutrition professionals agree that eating calcium-rich foods such as milk, cheese and yogurt during childhood and the teen years will help build strong bones, which may help reduce the risk of breakage and osteoporosis later in life.

Osteoporosis has been called the “silent thief.” It robs bone from women and some men without showing any symptoms. Osteoporosis means porous bones - bones that have so many openings (pores) that they become weak and can break without warning. There is no cure for osteoporosis, so prevention is essential to fight this disease.

As we age some bone loss is normal. You can make choices early in life to help build your bone mass before the bone loss begins. Eat a healthy diet that includes milk and other dairy foods for calcium and vitamin D and participate in exercise regularly to reduce the risk of osteoporosis later in life. So take care of yourself and set a good example for your children, too!

GET MOVING . . . OR LOSE IT!

Exercise is important in preventing osteoporosis. The expression, "Move it or lose it," can apply to our bones. When we move, our muscles pull against our bones. The resulting stress on the bone causes calcium and other minerals to be deposited in the bone. This makes the bone more dense and stronger. Lead an active lifestyle that includes:

- Weight-bearing exercises: walking, aerobics, stair climbing, basketball and soccer. Do any of these at least 30 minutes a day 3 times a week.
- Strength-training exercises: weight lifting with dumbbells (use cans of soup if you don't have dumbbells) or weight machines, stomach curls and leg lifts. Do strengthening exercises 2 times a week.
- Stretching improves balance and flexibility and helps reduce the risk of falling. Do stretching exercises at least 3 times a week.

DID YOU KNOW . . . ?

- Osteoporosis means "porous bones," bones that have so many openings that they can crush or break without warning.
- There is no cure for osteoporosis. Prevention is essential to combat this disease.
- Drinking many soft drinks can limit the body's ability to use the calcium in the foods eaten. In addition, if soft drinks replace milk in the diet, they can result in bone loss.
- 1 tablespoon of nonfat dry milk powder provides 50 milligrams of calcium.

How Much Do You Need?

<table>
<thead>
<tr>
<th>Age and calcium needed every day</th>
<th>Number of milk group servings</th>
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<tbody>
<tr>
<td>1 to 3 yrs old (500 mg calcium)</td>
<td>2 servings</td>
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<tr>
<td>4 to 8 years old (800 mg calcium)</td>
<td>3 servings</td>
</tr>
<tr>
<td>9 to 18 years old (1300 mg calcium)</td>
<td>4 servings</td>
</tr>
<tr>
<td>19 to 50 years old (1000 mg calcium)</td>
<td>3 servings</td>
</tr>
<tr>
<td>51 and older (1200 mg calcium)</td>
<td>4 servings</td>
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What Counts as a Cup?

- 1 half-pint container or 1 cup of milk
- 1 1/2 ounces or 2 slices hard cheese (cheddar, mozzarella, Swiss, parmesan)
- 2 ounces or 3 slices processed cheese
- 1 regular (8 ounce) container of yogurt
- 1 1/2 cups of ice cream
- 1/3 cup shredded cheese
FAMILY ACTIVITY

For the best bone health throughout life round up the family and make plans to spend more time playing together! Give each person a chance to choose an outdoor activity for everybody to play together. Depending on the weather, you could throw a Frisbee, fly a kite or swing at a park. You might also be able to play tag, pick up a game of basketball or draw an old-fashioned game of hopscotch on the sidewalk.

Walking together can become a game rather than an exercise. You can always take the dog. They love to play with balls and sticks. Kids of all ages can really get into a silly game of Simon Says: Walk with your hands on your head or behind your back. Swing your arms like a chimpanzee or an elephant’s trunk. Prance along on your tip toes, turn round in circles or just skip together. A family that plays together stays healthy together.

Source: Eat Right Montana, January, 2007

CLIP AND COOK

Quick Collard Greens

1 cup low-sodium chicken broth, divided 4 garlic cloves, finely chopped
1/4 teaspoon crushed red pepper 1/8 teaspoon salt
4 1/2 pounds tightly packed, chopped fresh collard greens

1. Heat 1/2 cup chicken broth in a large covered pot over medium heat until hot.
2. Add garlic, and cook 2 minutes, stirring frequently.
3. Add collard greens and remaining 1/2 cup broth; stir well.
4. Cover and cook 7 minutes, stirring occasionally.
5. Remove from heat; stir in crushed red pepper and salt.

Yield: 7 servings, 1 cup each.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>Calories 112</td>
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<tr>
<td>Sodium 144 mg</td>
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<tr>
<td>Total Fat 1.7 g</td>
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<tr>
<td>14% of calories from fat</td>
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<tr>
<td>Cholesterol 0 mg</td>
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<tr>
<td>Calcium 288 mg</td>
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Recipe Source: Cooking Light Magazine
November/December 1994