

THE BONE BULLETIN



Breaking news on building your child's bones

The Hard Facts

- Ninety percent of skeletal development is completed during childhood and adolescence.
- Throughout life your body's 206 bones constantly grow and change.

Are Your Child's Bones Safe?

Have you taken all the steps necessary to protect them from the Calcium Thief? If not, act now before it's too late.

Secure your child's bones with calcium-rich milk, cheese and yogurt. It only takes 3 servings per day.

You can purchase this miraculous Security System at your local supermarket.

GET YOURS NOW!

Local News:

Break-in at Brittle Bone Yard

SKELETON CITY – Ninety-nine percent of your body's calcium is stored in your bones and teeth, while the other one percent is in your blood and soft tissues. Calcium is a mineral that helps build bones and teeth and is especially important during times of growth. When dietary calcium levels are low, your body steals the calcium it needs from your bones which can cause them to become porous and weak. Think of dairy and other high-calcium food sources as a security system. When milk, cheese and yogurt are eaten regularly the system prevents theft of calcium from your bones. Potassium, magnesium and vitamin D enhance the absorption of calcium.

News You Can Use:

Making Investments That Build a Strong Portfolio

AGE	DAILY SERVINGS MILK, CHEESE, YOGURT
4-8	3 child-size servings per day (to total 2 cups)
9-18	3 cups per day

Standard Investments (serving sizes):

1 cup	milk (try different flavors)
1.5 ounces	natural cheese (the size of four dice) or 2 oz processed cheese
1 cup	yogurt

- With nine essential nutrients – such as calcium, potassium, phosphorus, protein, vitamins D, A, B12, riboflavin and niacin (niacin equivalents) – together, milk, cheese and yogurt provide a unique combination of ingredients that keep bone strong and bodies healthy.
- Calcium supplements and calcium-fortified foods provide calcium but lack many of the important nutrients that milk, cheese and yogurt supply. Supplements are supplements, not substitutes for nutritious food.
- The dairy case has something for everyone – from fat-free to low-fat varieties, families can choose milk, cheese or yogurt products to meet their taste and nutritional needs.

Stocks — The Bone Market:

Osteoporosis Rates Growing — Weak Frame Leads to Collapse

WEAK STREET — Currently, 10 million Americans have osteoporosis and an additional 34 million are at high risk of developing the disease due to low bone mass. Osteoporosis is a disease in which bones become fragile and more likely to break. Because most bone mass develops during childhood and adolescence, osteoporosis has been called a childhood disease with adult consequences.

A Growing Concern

- 78 percent of boys and 85 percent of girls age 9 to 13 aren't getting the amount of calcium necessary to reach their peak bone mass.
- Milk consumption among children is falling, and milk is being replaced with less nutritious beverages such as juice and soft drinks.
- The American Academy of Pediatrics recommends replacing sweetened drinks at school with real fruit and vegetable juices, water, and low-fat white and flavored milk.

HEY MOM,

Pour some milk that's nice and cold. Three servings a day is what my bones necessitate to keep my body

STANDING STRAIGHT!

THE

Have your



BONE BULLETIN

kids had their milk, cheese and yogurt today?

Weather:

Forecast For Peak Bone Mass

CALCIUM COMMUNITY — Look at the radar to see what factors predict the strength of your child's bones.

Diet and nutrition

- A well-balanced diet, including fruits, vegetables, whole grains, lean proteins and dairy foods, will keep your child's mind and body strong and healthy.
- Calcium, such as that found in milk, cheese and yogurt, is an essential nutrient for bone health.
- Vitamin D, "the sunshine vitamin," helps your body absorb calcium and is critical to bone health. Fatty fish such as salmon and tuna are good sources, as is milk.

Gender

- Before puberty, bone development rates are similar in boys and girls.

- Girls reach 85-90 percent of their peak bone mass by age 18, while boys reach theirs at age 20.

Physical activity

- Bones, like muscles, get stronger when they are used.
- Weight-bearing activities such as walking, hockey, gymnastics, soccer, basketball and weightlifting stimulate bone development resulting in a stronger skeleton.

Hormones

- Testosterone and estrogen are hormones crucial to bone development.
- Early menstruation in girls seems to increase bone development; conversely, missed periods, late menstruation, and irregular cycles tend to negatively affect bone mass.

Letters to the Editor:

Ask the Expert

Q: How do I know if my child is getting the amount of calcium he or she needs?

A: It's simple! All it takes is this chart and three easy steps.

- 1) For each food, write the number of servings your child eats or drinks each day.
- 2) Multiply by the calcium point value for each group.
- 3) Add up the points and compare with the age recommendation.

FOODS	SERVINGS	POINTS	TOTAL
1 c milk or yogurt	_____	X 10	= _____
1 c mac-n-cheese	_____	X 10	= _____
1.5 oz cheese	_____	X 10	= _____
1/2 c pudding	_____	X 5	= _____
1/8 of a 12-inch pizza	_____	X 4	= _____
1/2 c frozen yogurt or ice cream	_____	X 3	= _____
1/2 c fresh broccoli	_____	X 3	= _____
1/2 c cottage cheese	_____	X 2	= _____
1/2 c cooked pinto beans	_____	X 1	= _____

RECOMMENDED DAILY POINTS

4-8 yrs	20 points
9-18 yrs	30 points

Financial News:

Starting a Savings Account

WELL STREET — Leave an inheritance of good bones for your kids with this guaranteed, no-risk savings plan. Simply make daily calcium deposits and watch your account, and child, grow. Choose bone-building foods in convenient, portable packages for even easier deposits.

Breakfast: fruit yogurt

banana
toast with jam

Lunch: pb&j sandwich

baby carrots
grapes
flavored milk

Dinner: cheeseburger

crunchy broccoli
apple
milk

Snack: string cheese

for more easy ideas, go to www.3everyday.org



May be reproduced for educational purposes
© 2011 Western Dairy Association

12000 Washington, #175
Thornton, CO 80241
303.451.7711

www.westerndairyassociation.org

Frosty Pine-Orange Yogurt Smoothie

INGREDIENTS

- 12 ounces orange juice
- 1/2 cup pineapple chunks, drained
- 1 1/4 cups low-fat vanilla yogurt

Combine all ingredients in a blender. Blend on high speed for 2 minutes, or until frothy. Serve immediately. Makes 2 Servings.