

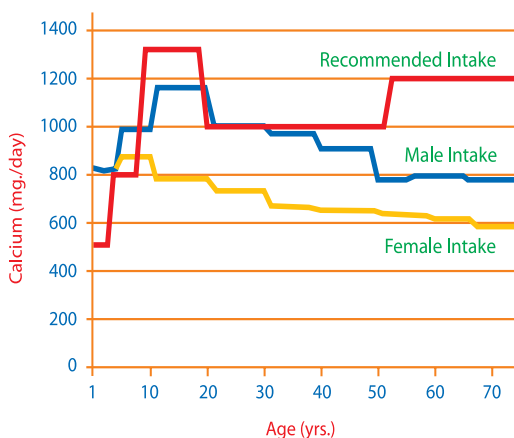
Looking Good and Feeling Fit — Build Strong Bones!

You can't see it on the outside, but right now your skeleton is undergoing major construction. Between the ages of about 11 and 20, you'll build up more than half your total adult bone calcium supply. In fact, this is your **only chance** to build **your bones** as strong and dense as possible!

The Calcium Gap

If you're like most teens, you're probably getting nowhere near the calcium you need to look and feel your best.

- More than 86 percent of girls and 65 percent of boys don't get enough calcium after age 11. Teens drink nearly twice as many soft drinks as milk, eliminating a major calcium source from their diets.



4 Easy Steps to Stronger Bones...go for it!

1

Are you eating enough bone-building foods?

Circle the calcium foods you usually eat on most days.

HIGH-CALCIUM FOODS

Portion Size — 1 cup milk, yogurt, pudding;
1½ oz. cheese

- fat free or lowfat milk
- fat free or lowfat flavored milk
- fat free or lowfat yogurt
- 2% milk
- string cheese
- cheese
- pudding or custard



MEDIUM-CALCIUM FOODS

3 medium-calcium servings =
1 high-calcium serving

Portion Size — ½ cup

- 1/8 of a 12" pizza
- cottage cheese (lowfat or nonfat)
- frozen yogurt or ice cream
- tofu (calcium-set)
- corn tortillas (2)
- broccoli
- refried beans
- almonds (1/4 cup)



- Calcium is sometimes added to foods that don't contain it naturally - i.e. certain orange juice...read the label.

2

How much calcium do you need?

AGE	CALCIUM NEEDED (milligrams)	DAILY HIGH-CALCIUM FOOD SERVINGS NEEDED
9-18	1300 mg.	3

- Medium-calcium foods can help round out your daily calcium needs.
- It takes 3 medium-calcium servings to equal 1 high-calcium serving.

3

Are you getting enough calcium every day?

YES NO

Look at the foods in the chart above. What one or two changes could you make to get more high-calcium foods every day?

- Which foods could you eat more of or more often?
- Which foods could you add? When? meals snacks

4

Don't forget exercise!

Do you get 60 minutes of exercise every day, some of which is bone-building? YES NO

- Bone-building means activities that put the weight of your body on your bones. Walking, jogging, dancing, aerobics, or team sports such as soccer or basketball are good for the bones.
- Walk or roller-blade to school instead of riding in a car. Pick up the pace when strolling through the mall. Take the stairs instead of the escalator. Walk the dog instead of watching television. Exercise with a friend — it's more fun and easier to stick with.



It's up to you!

- Eat lots of calcium-rich, bone-building foods.
- Get plenty of bone-building exercise.





On the run?

How to get more calcium, no matter how busy your lifestyle!

Check off a couple of things you can do to get the calcium you need every day. Your bones will be stronger and you'll look great – now and in the future!

- Eating at fast food restaurants?** Have cheese on your burger, chicken or fish sandwich • Order pasta or pizza with cheese and vegetables • Grab a low-fat chocolate milk instead of drinking soda • Opt for the salad bar and choose vegetables and beans topped with shredded cheese and almonds • A bean and cheese burrito or a couple of tacos will do the trick too!
- Pack some snacks in your backpack for school and after-school activities.** Take along fresh vegetables, fruit and string cheese, some almond granola or a pudding cup.
- Vegetarian?** Get your calcium from milk and dairy foods, dried beans, nuts and calcium-rich vegetables. Just be sure to eat enough servings. Try a tofu stirfry with bok choy, broccoli or greens. How about a mozzarella cheese and roasted-vegetable pizza?

Small changes add up to big results!

Sounds good, but ...

I don't drink milk or eat dairy products because they're too high in fat and calories.

Consider the options. Stay slim with low-fat or fat free milk and yogurt or reduced fat cheeses. They have as much calcium and the same great package of nutrients as whole milk products.

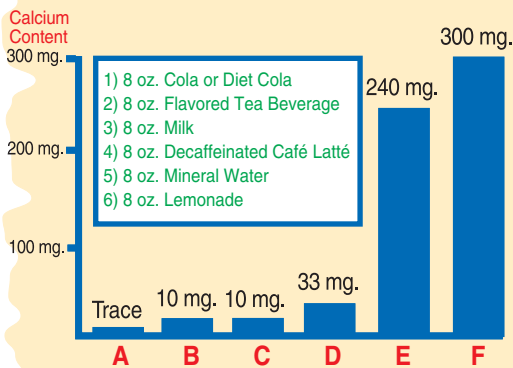
Why bother eating all these foods, when I can just take a calcium supplement?

Calcium-rich foods contain a special package of nutrients you won't find in a single supplement. Relying on supplements or fortified foods for calcium means you might miss out on many other nutrients that help make your bones strong.

Are all beverages created equal?

Test your knowledge of the calcium content of the beverages you drink on the graph below by entering the corresponding number in the space provided.

1300 mg. or 3 servings is your daily goal.



Insert number corresponding to beverage above

Answer Key

(E) 8 oz. Decaffeinated Café Latte (F) 8 oz. Milk (C) 8 oz. Mineral Water (D) 8 oz. Flavored Tea Beverage (A) 8 oz. Cola or Diet Cola (B) 8 oz. Lemonade

Here are a few ways to get some of your 3 servings of calcium-rich foods each day through beverages. Check off the ones that you can see yourself adding to your day:

- Drink milk at meals instead of juice or soda.
- Try a breakfast blender smoothie using frozen fruit, yogurt and milk.
- If you order coffee, give it a “boost” by making it a café latte or mocha instead.

Planning for strong bones

Are you getting the 3 servings of bone-building foods you need each day? Try to calcium-boost your meals and snacks as a part of filling in your busy schedule. The changes already made to breakfast increase the calcium in that meal. Now give it a try for lunch and after school.

To do today

- Study for math quiz
- Add calcium-rich foods to family grocery list
- Make plans to see a movie with friends this weekend

7:30 am Catch my ride to school On my way out the door I often grab something to eat like: Bagel Juice Banana	I can get an extra serving of calcium-rich foods in the morning by: Melt cheese on bagel Low-fat milk
12:00 Lunch with my friends These are foods I often eat during school lunch break: _____ _____	I can add an extra serving of calcium-rich foods to lunch by: _____ _____
3:30 pm Grab a bite to eat after class Some of the things I eat before soccer practice: _____ _____	I can add an extra serving of calcium-rich foods to my day by: _____ _____
4:30 pm Soccer practice	Bone-building activity for today
6:30 pm Dinner with my family	Check for calcium-rich food
8:30 pm Study	Parmesan cheese on my popcorn

Did you reach your daily goal of 3 servings?