

# Bone Health:

# AS EASY AS

1 2 3



## BENEFITS OF DAIRY FOR 3 PHASES OF LIFE

Research shows that dairy foods are integral for building and maintaining healthy bones throughout life because they contain nutrients—calcium, protein, vitamin D, phosphorus, potassium, and magnesium—that are essential for bone growth and development. Meeting daily dairy requirements has benefits at every age.

### Children and Adolescents

Up to 90 percent of bone mass is accumulated by age 18. Children who achieve peak bone mass reduce their risk for osteoporosis later in life.

### Adults

Bone loss and a reduced ability to replace bone tissue begin around age 40. Adults who consume a bone-healthy diet, engage in exercise, and eliminate bad habits like smoking can avoid premature bone loss and reduce the risk of fractures.

### Seniors

Seniors with strong bones have a reduced risk of falls and fractures, which can impact mobility and independence. In order to maintain healthy bones, seniors require more calcium, dietary protein, and vitamin D than younger people.

## 3 Servings Per Day

The Dietary Guidelines for Americans recommends that everyone age nine and above get three servings of low-fat or fat-free dairy per day to support bone health. Consider these ideas to make getting three servings as easy as 1 – 2 – 3.

1

Make oatmeal with **milk** instead of water

Prepare a veggie-packed salad with **cheese**

Blend up a **yogurt** and fruit smoothie

2

Have a bowl of whole grain cereal with **milk**

Mix **yogurt** with salsa or fresh herbs for a flavorful salad dressing

Make a salad skewer with **cheese** cubes and diced vegetables

3

Enjoy a **yogurt** parfait with fruit and granola

Layer a lunchtime sandwich with a slice of **cheese**

Have a glass of warm **milk** before bed

# Three Key Nutrients

## Calcium

1

Calcium is a major building block of the skeleton; in fact, 99 percent of the calcium found in the body resides in the bones. When a body isn't supplied with enough calcium, it takes it from the bones, which weakens them.

Dairy foods are the most readily available sources of calcium. They provide up to 80 percent of children's dietary calcium intake.

## Protein

2

Protein is essential for building and preserving bone mass.

Dairy foods are a good source of high-quality protein.

## Vitamin D

3

Vitamin D allows the body to absorb calcium and ensures the correct renewal and mineralization of bone.

Dairy foods are fortified with vitamin D to support calcium absorption.



## DAILY NUTRIENT REQUIREMENTS

	1-3 Years	4-8 Years	9-17 Years	18-70 Years	70+ Years
Calcium	700 mg	1000 mg	1300 mg	1300 mg	1300 mg
Protein	13 g	19 g	34-56 g	54 g	68-83 g
Vitamin D	600 IU	600 IU	600 IU	600 IU	800 IU