



Know the BONE Basics and Help the Entire Family Be Bone Healthy at Every Age

Eating three servings a day of low-fat or fat-free dairy foods in a healthy diet, combined with regular physical activity, is an important way for the whole family to build stronger bones and help reduce the risk of osteoporosis.

The U.S. Surgeon General's Report on Bone Health and Osteoporosis recognizes the role of nutrients in dairy foods, including calcium, magnesium, phosphorus, potassium, protein and vitamin D, that work together to help protect bones.

Know the BONE Basics!

It's never too early, or too late, to make bone health a priority. The National Dairy Council® suggests the following steps to help build stronger bones and reduce their risk of osteoporosis:

Be Active Participating in weight-bearing and cardiovascular activities daily or at least several times a week.

Own Your Diet Adopt a lifestyle of proper nutrition that reflects the 2005 Dietary Guidelines for Americans and includes three servings a day of low-fat or fat-free milk, cheese or yogurt.

Nourish Your Bones For stronger bones, there's no better source than dairy foods, which provide essential bone-building nutrients, including calcium, magnesium, phosphorus, potassium, protein and vitamin D.

Encourage Others Be a role model by setting a good example. Children follow the lead of parents and older siblings.



WHAT'S A SERVING OF DAIRY?

Milk, cheese and yogurt are available in a variety of reduced-fat, low-fat and fat-free options to meet taste and nutritional needs.



Milk:
8 ounces (1 cup)



Natural Cheese:
1.5 ounces or about
3-4 cheese cubes



Yogurt:
One 6- to 8-ounce
container



DAIRY DOMAIN

For more information on the BONE Basics, how to be Bone Healthy at Every Age and to find 3-A-Day™ of Dairy tips, visit 3aday.org.

