



Take a stand against osteoporosis:

IT'S A LIFELONG TASK

Osteoporosis is a bone-thinning disease, which the Surgeon General refers to as a "silent" condition because bone loss occurs without symptoms; consequently, many Americans are unaware of their deteriorating bone health.

You can't feel your bones thinning. The good news is that people of all ages can take steps to help build and maintain strong bones and reduce the risk of osteoporosis.

what's your risk?

Check your risk for developing osteoporosis:

- female?*** Four times the risk of males.
- caucasian or asian?*** Smaller bones of these ethnic groups increase risk.
- underweight?*** Likely to have lower bone mass.
- physically inactive?*** Makes for weaker bones.
- over age 55?*** More bone is lost than made as you age.
- family history of osteoporosis?*** Genetic tendencies and similar lifestyles in a family increase risk.
- overall poor diet?*** Bone density decreases when diets are low in calcium, vitamin D and other important nutrients.
- smoker?*** Calcium absorption is decreased. Cigarettes have a toxic effect on existing bone cells.
- heavy alcohol use?*** Can lead to weak bones, perhaps because of poor diets.

If you checked yes to any of these, you could be at risk for fragile bones and osteoporosis. Talk to your health professional for steps to help protect your bones.

prevention

The Surgeon General, The Institute of Medicine, and the Dietary Guidelines for Americans 2010 agree that you can improve the health of your bones by engaging in regular physical activity and following a bone-healthy diet.

Get moving!

Being physically active for 30 minutes or more a day can increase or preserve your bone mass and may help reduce your risk of falls. Weight-bearing activities such as walking, weight training or group fitness classes strengthen your bones.

Bone up your diet

Calcium is required to keep your bones strong and healthy. It is also needed for the heart, muscles and nerves to function and for blood to clot. Milk, cheese and yogurt are some of the most calcium-rich foods available. However, calcium is also found in calcium-fortified foods and beverages, and some dark green leafy vegetables.

Vitamin D increases the body's ability to absorb calcium. It is found in milk, some yogurts, halibut, canned salmon, and tuna. A daily dose of sunshine also generates vitamin D.



Take a stand

Nutrition Facts	
Serving Size 1 Cup (240mL)	
Servings Per Container About 4	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol Less than 5mg	1%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 9g	17%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

learn the label fat-free milk

servings size — Note “serving size” and “servings per container” on the Nutrition Facts panel. Serving sizes determine the number of calories and nutrients listed on the label.

% daily value — The % Daily Value indicates if a food is “high” or “low” in a nutrient and how much one serving contributes to your total daily requirement. Twenty percent or more is HIGH; five percent or less is LOW.

1 cup of milk — Here’s a quick way to calculate calcium content: Replace the % sign with a zero to yield milligrams. One cup provides 30 percent, or 300 milligrams of calcium.

how much?

Recommended daily amount of calcium:

age	milligrams of calcium
9-18 years	1,300
19-70	1,000
51-70 (female)	1,200
71 plus	1,200

Institute of Medicine, Dietary Reference Intakes for Calcium and Vitamin D, 2010



easy as 1-2-3

According to the 2004 *Bone Health and Osteoporosis: A Surgeon General’s Report* and the *Dietary Guidelines for Americans 2010*, three 8-ounce cups of low-fat milk each day, combined with calcium from the rest of a normal diet, helps to meet the recommended daily requirements for most adults.

lactose intolerant?

According to the *Dietary Guidelines for Americans 2010*, if you are lactose intolerant, there is no need to forgo dairy foods. Try lactose-free milk, aged cheeses, buttermilk or yogurt.

bone boosters

- wake up your senses** Make oatmeal with milk, top it with fruit
- quench your thirst a healthy way** Choose milk when eating out
- upgrade your salad** Top it off with shredded cheese
- soup up your soup** Prepare your soup with milk instead of water
- for a healthy snack on-the-run** Grab a string cheese
- for quick tips and great-tasting recipes** Visit www.3everyday.org

other important nutrients

While calcium and vitamin D play crucial roles in bone health, other nutrients affect bones too, because they impact the absorption of calcium. Vitamins K and C, B-vitamins, magnesium, potassium and protein can help prevent bone loss and keep bones strong. Eat a variety of foods to ensure you are meeting your daily nutrient requirements for bone health.

additional resources:

- Surgeon General’s Report: www.surgeongeneral.gov
- Dietary Guidelines: www.dietaryguidelines.gov
- Institute of Medicine Report: www.iom.edu/calcium



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