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Fit Facts

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Health & Wellness  
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### Bonified Tips for Healthy Bones

Over time, bones begin to thin and osteoporosis is a disease in which the bones weak and are more likely to break. Osteoporosis typically sneaks up on older people. Unless you've had a bone density test, you can't tell that your bones have gotten weaker. But you can start at a young age to lower your risk.

#### Kid Stuff

To build strong bones, kids ages 9 to 18 should get 1,300 milligrams of calcium daily. Add to their plates and lunch bags calcium-rich foods and beverages including:

- ⇒ Plain low-fat yogurt: 450 milligrams per cup
- ⇒ Nonfat milk: 300 milligrams per cup
- ⇒ Orange juice fortified with calcium: 300 milligrams per cup
- ⇒ Tofu: 204 milligrams per cup
- ⇒ Broccoli: 90 milligrams per cup

#### The Teen Years

Being physically active during adolescence is vital to strong bones during adulthood. Many teens may not realize that some types of exercises are better for bones than others. For exercise to be bone-building, it needs to be weight-bearing. This means your legs are supporting your weight while you exercise. Some examples include walking, jogging, playing tennis, dancing, and playing basketball.

#### Strengthening Grown-Up Bones

Do you shy away from dairy products to cut calories? Don't. Low-fat dairy products like milk, plain yogurt and cheese offer the combines benefits of calcium and vitamin D.

Don't forget about eating your vegetables. Think green when it comes to calcium. Leafy green vegetables like kale, spinach, romaine lettuce and collard greens are a good calcium-rich choice as well as Brussels sprouts and asparagus. Many of these vegetables and leafy greens are also high in vitamin K, which helps regulate calcium levels in your body.

Vitamin D is important to bone health, too, since it helps the body absorb calcium. Many people get enough vitamin D through sunlight exposure, but protein-rich fish and seafood also offer the power duo of calcium and vitamin D. Salmon and tuna are your best options. If your diet doesn't supply enough calcium, talk to your doctor about supplements.

Sources: National Institute of Health; Livestrong

