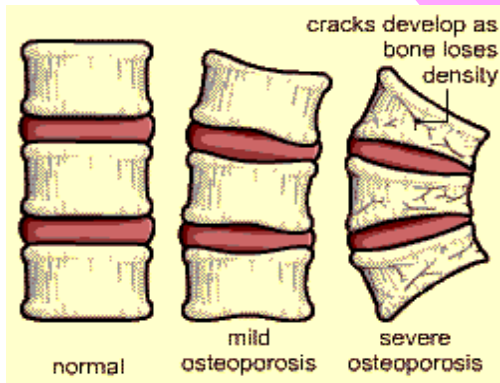


## It Matters Because...

Most of the body's skeleton and height forms between ages 9 and 20. During this time, about 75-85% of the skeleton is made. If you don't make a strong skeleton during these ages, then you never do. And, you may not reach the full height that Nature intended.

Therefore, you need to eat the right amount of the building blocks for bone -- NOW; nutrients like calcium and Vitamin D. Protein and Vitamin K are also important for bone growth.



It is important to strengthen your bones while you are young. Some women begin to lose bone as early as age 35. You may not be able to see yourself today as being 35 years old, but it will happen faster than you can imagine.

Over time, bone loss can lead to a condition called *osteoporosis* -- which causes bones to be brittle and break with very little stress. Making strong bones when you are young can help to reduce the risk of broken bones later.

## Build Your Bones, Girlfriend!



More than 80% of teenage girls do NOT get enough calcium to build really strong bones.

**Are You One of Them?  
So...Why Does It  
Matter?**

## Can I just Take a Calcium Pill?

Yes, absolutely you can!! It is best to eat foods that contain calcium. But, if those foods don't work for you, or you don't eat enough of them to get 1,300 mg. of calcium per day, supplements are an option. They come in pill form, capsules, powder, liquid, fizzies, and chewables.



- **READ** the label on the package or bottle. Look for supplements that contain BOTH vitamin D and calcium. If they also contain vitamin K, that is good, too.
- **LOOK** for calcium citrate -- the most easily absorbed form of calcium that can even be taken on an empty stomach. Calcium carbonate is another popular form of supplement. Calcium carbonate is good, but not as easily absorbed, and you may need to take it with food to avoid bloating and gas.
- **DON'T** take more than 500 mg. of calcium in any six hour period. That's because no matter what form of calcium it is, the body cannot absorb more than about 500 mg. at a time.

## BONES NEED CALCIUM, VITAMIN D, AND EXERCISE



Our bones get stronger when we do weight-bearing exercise –

- Walking
- Running
- Tennis
- Gymnastics
- Soccer
- Basketball
- Cheerleading
- Marching in a Band

Anything that puts pressure on the weight of the body causes the bones to strengthen to carry the load. Swimming and bicycling are among the few exceptions – they are not weight-bearing exercises.

To make strong bones from age 9 to 18, you need:

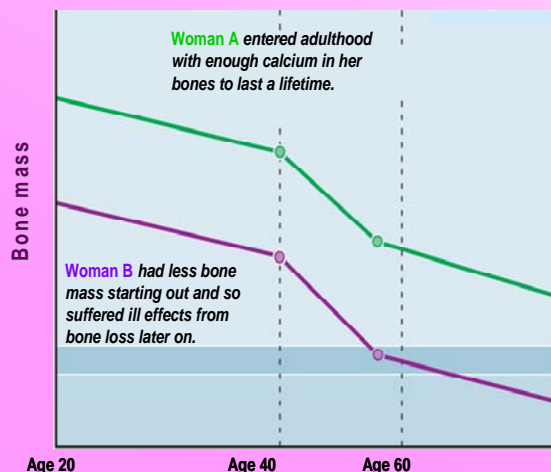
- 1,300 milligrams (mg.) of calcium
- 400 units of Vitamin D every day

*Are you eating lots of calcium-rich foods?*

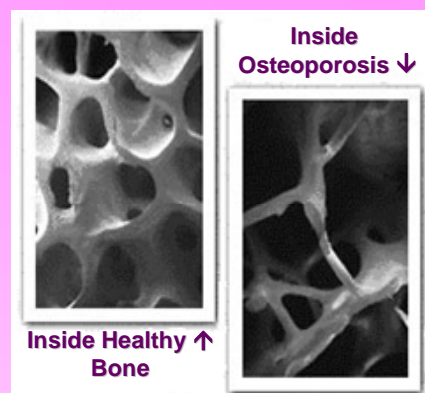
Milk, cheese, and yogurt have the most calcium per serving

And there are many other foods to choose from.

<u>FOOD</u>	<u>HOW MUCH</u>	<u>MG OF CALCIUM</u>
Almonds	1 oz.	79
Banana Muffin	2 ½ inch	100
Broccoli	1 stalk	88
Collard Greens	1 cup	150
Corn Tortilla	1 medium	60
Dried Figs	5	145
Eggs	2 scrambled	80
English Muffin	1	100
Fortified Sov	1 cup	325
Green Beans	1 cup	110
Milk Chocolate	1 ½ oz. bar	80
Oatmeal	1 packet	160
Ocean Perch	3 oz	100
Orange slices	½ cup	70
Pork n' Beans	½ cup	60
Total Cereal	1 cup	345



**BRITTLE BONES GET STARTED IF WE DON'T GET ADEQUATE CALCIUM WHEN WE'RE YOUNG**



<u>FOOD</u>	<u>HOW MUCH</u>	<u>MG OF CALCIUM</u>
2% Milk	1 cup	285
Chocolate Milk	1 cup	280
Cottage Cheese	½ cup	68
Cream Cheese	1 tbsp	14
Ricotta Cheese	½ cup	300
Romano Cheese	1 oz	450
Swiss Cheese	1 oz. slice	225
Whole Milk	1 cup	275
Yogurt	8 oz.	410

## ABSORPTION OF CALCIUM REQUIRES VITAMIN D

**OUR** bodies actually make Vitamin D using the sunlight. The ultraviolet rays reach our skin and that triggers the process.

**BUT** when we use sunscreens having greater than SPF8 protection rating, the process stops -- Vitamin D is not made from the skin.

**SO**, that is why getting Vitamin D from food sources is important. Vitamin D is measured in International Units (IU) and we need 400 IU per day.



Good sources of Vitamin D include cheese, butter, margarine, milk, seafood, fortified cereals, and mushrooms.



## CALCIUM-FORTIFIED IS GOOD!

Some foods are “**calcium fortified**,” meaning that calcium is added to a food that does not normally include it at the amount that was added. Several brands of the following foods are fortified with calcium:

- orange juice
- breakfast cereal
- cereal bars
- sports bars
- some protein drinks
- frozen waffles

**READ** the label and Nutrition Facts panel on food products to know how much calcium they contain.

**Build Your Bones, Girlfriend !!**

**Do It NOW !  
You Will Thank Yourself Later!**