



# Take a stand against osteoporosis:

## IT'S A LIFELONG TASK

Osteoporosis is a disease of the bone, 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.

As we age, bones begin to lose important minerals, causing them to weaken and break if we don't take steps to keep them strong. The good news is that you are never too old or too young to improve your bone health.

## 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 reformed as you age.
- family history of osteoporosis?*** Genetic tendencies and similar lifestyles in a family increase risk.
- overall poor diet?*** Bone density thins faster when diets are low in calcium 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 and the Dietary Guidelines for Americans 2005 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. The best sources of calcium are found in dairy products. However, calcium is also found in calcium-fortified foods and beverages, and some dark green leafy vegetables.

Vitamin D plays a role in calcium's success by increasing 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	
<b>Calories</b> 80	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
<b>Cholesterol</b> Less than 5mg	<b>1%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	0%
Sugars 12g	
<b>Protein</b> 9g	<b>17%</b>
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

**servicing size** — Note “serving size” and “servings per container” on the Nutrition Facts panel. Serving sizes influence 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** — One cup provides 30 percent, or 300 milligrams, of your daily calcium needs and 25 percent of your daily vitamin D needs.

## how much?

### Recommended daily amount of calcium:

age	milligrams of calcium	milk servings
9-18 years	1,300	4 cups
18-50 years	1,000	3 cups
over 50 years	1,200	4 cups

One cup of milk is the equivalent to 1½ ounces of cheese or 1 cup of yogurt.



## easy as 1-2-3

According to the 2004 *Bone Health and Osteoporosis: A Surgeon General's Report* and the *Dietary Guidelines for Americans 2005*, three 8-ounce cups of lowfat milk each day, combined with calcium from the rest of a normal diet, is enough to meet the recommended daily requirements for most adults.

## lactose intolerant?

According to the *Dietary Guidelines for Americans 2005*, if you are lactose intolerant, there is no need to forego 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.3aday.org](http://www.3aday.org)

## other important nutrients

While calcium and vitamin D play crucial roles in bone health, many other nutrients affect bones too, because they impact the absorption or excretion of calcium. Vitamins K and C, B-vitamins, magnesium 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](http://www.surgeongeneral.gov)  
Dietary Guidelines: [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)



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12000 N. Washington, #175  
Thornton, CO 80241  
303.451.7711  
[www.westerndairyassociation.org](http://www.westerndairyassociation.org)