



Strong Bones for You and Your Child

Calcium is the main mineral responsible for bone strength. Getting enough calcium in your diet is important for everyone, especially teenagers and children. In childhood and early teen years, bones are growing and calcium is being stored in bones to help make them strong. By the time most teens have stopped growing they have reached 90% of their lifetime bone density maximum. The calcium deposits that are made early help determine the quality of bones for a lifetime. Unfortunately, according to the National Institute of Health, fewer than one in ten girls and only one in four boys ages 9 to 13 are at or above their adequate intake of calcium. A lack of calcium in one's diet has a big impact on the health of bones and teeth. By making low-fat and fat-free milk and other calcium-rich foods a regular part of your diet now, you can ensure strong bones for life.

Vegetable Cheese Quesadilla

- 2 flour tortillas
- 2 fresh plum tomatoes, sliced
- 1 red bell pepper, finely chopped
- 2 green onions, finely chopped
- 1 large carrot, grated
- 1/2 cup grated reduced fat Monterey Jack cheese
- 1/2 cup plain low-fat yogurt
- 2 tablespoon salsa
- 1/2 cup chopped spinach

Place tortilla in warm skillet. Turn the tortilla in the skillet and place half of the tomatoes, bell pepper, green onion and carrots on one half of the tortilla. Top the vegetables with half of the cheese, yogurt, salsa and spinach. Fold the tortilla over the filling and cook another 3 minutes, or until the cheese melts. Makes 2 servings

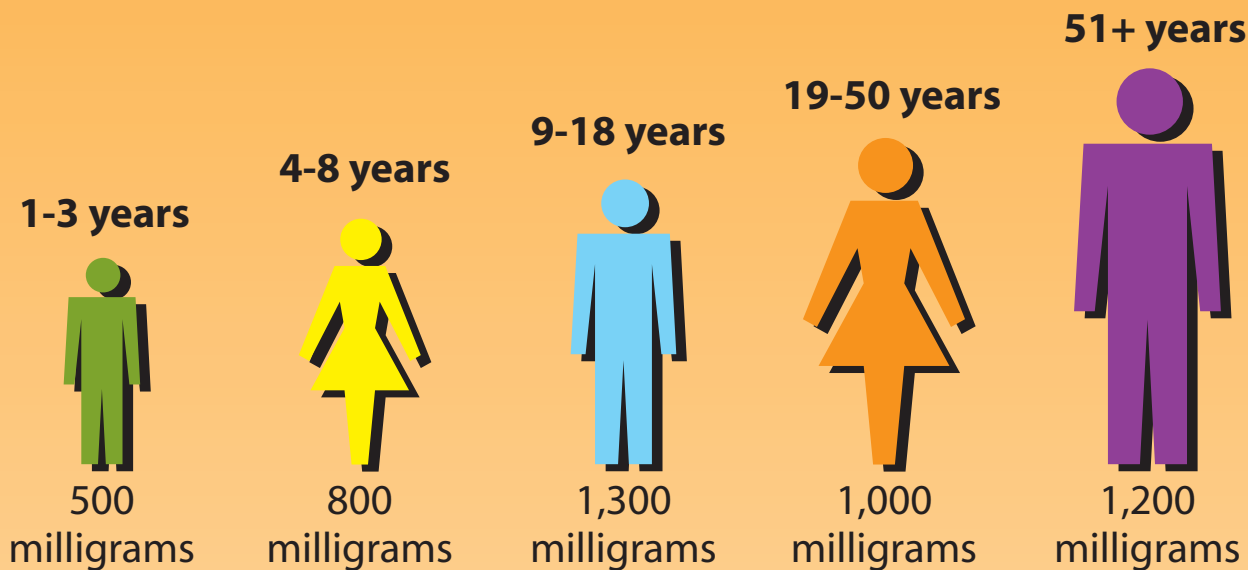


Get Active for Strong Bones!

Did you know that bones actually become stronger just by exercising? Bones are made of living tissue and weight-bearing activities cause new bone tissue to develop, making bones stronger. Weight-bearing activity does not just mean weight lifting. Any time you carry your body weight, you are experiencing weight-bearing activity. Walking, running, climbing stairs, dancing, and playing sports are all weight-bearing activities that can make your bones stronger.

How Much Daily Calcium Do We Need?

How much calcium you need depends on your age. Look at this chart to see how much calcium you and your children need every day. Keep reading for foods that are calcium-rich!



Calcium Content of Food

Drinking milk with meals and snacking on low-fat dairy products such as yogurt and cheese are great ways to meet daily calcium requirements.

Food	Serving	Calcium Content
Milk (whole or low-fat)	1 cup	300 mg
Soy or Rice Milk	1 cup	300 mg
White beans	½ cup	113 mg
Instant Oatmeal	1 cup	100 mg
Broccoli, cooked	½ cup	35 mg
Cheddar cheese	1.5 oz	300 mg
Yogurt, low-fat	8 oz	300 mg
Orange juice, calcium fortified	1 cup	350 mg
Orange, medium	1	50 mg

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Getting vitamins and minerals from foods is a better choice than getting them from supplements, but if you are lactose intolerant or have trouble meeting your daily calcium needs from food. Ask your physician about calcium supplements and find out if they are right for you.