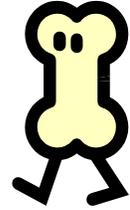


Seven Great Bone Builders

1. DO WEIGHT BEARING EXERCISES

EXAMPLES:

jogging, walking, aerobics, jump roping, & weight lifting



2. EAT CALCIUM-RICH FOODS (3-4 servings every day)

EXAMPLES:

| All milk products* | Other foods |
|---|---|
| <u>High Calcium:</u> <ul style="list-style-type: none"> • 1% (or less) milk • low fat cheese • low fat yogurt <u>Medium Calcium:</u> <ul style="list-style-type: none"> • low fat ice cream • low fat pudding | <ul style="list-style-type: none"> • calcium fortified orange juice • calcium fortified tofu, soy milk, or rice milk • canned sardines and salmon (with bones) • dark green veggies (broccoli, collard greens, kale) • calcium fortified breakfast cereals (Total, Basic 4, Just Right, Special K, and others) • calcium fortified cereal bars (NutriGrain) and sports bars (Cliff bars, Luna bars, Power bars, etc.) |

* If cow's milk causes bloating, cramping, or diarrhea, you may be intolerant to lactose (i.e. milk sugar).

⇒ In this case, try "Lactaid" milk, yogurt, or cheese. These are usually tolerated better by people with lactose intolerance.

⇒ Alternatively, try drinking/eating smaller quantities of milk products at one time (no more than 1/2 cup to 1 cup of milk per meal) and monitor your tolerance.

3. DON'T SMOKE.

4. GO EASY ON CAFFEINATED BEVERAGES.

EXAMPLES: coffee, tea, soda, power drinks with caffeine.



5. GET ENOUGH VITAMIN D

HOW? Get out in the sunshine (5 to 15 minutes/day on average depending on your skin's pigment) and drink vitamin D fortified milk, **OR** take a 400 IU supplement*.

6. MINIMIZE CONSUMPTION OF BEVERAGES HIGH IN PHOSPHORIC ACID

EXAMPLES: colas (Pepsi, Coke, etc.)

7. CONSIDER A CALCIUM SUPPLEMENT

WHO? People unable to meet the recommended dietary intake (RDA) with food alone.

WHAT ARE THE RDAs?

- Adolescents 9-18 years old 1300 mg
- Adults 19-50 years old 1000 mg
- Adults over 50 years 1200 mg
- Women who are not menstruating 1500 mg

Tips for Choosing and Taking a Supplement

- Avoid supplements with bone meal, dolomite, or oyster shell. These may be contaminated with toxic substances such as lead, mercury, and arsenic.
- Look for a supplement with calcium carbonate (such as Tums 500 Calcium or Nature Made Calcium). These are usually less expensive.
- Look for a “USP” designation on the label. This signals that the supplement has met certain standards set forth by the U.S. Pharmacopeia.
- In calculating your supplement needs, don’t forget to allow for the calcium in your food. A supplement providing 500 mg of calcium is most likely adequate.
- Take the supplement with meals to enhance absorbability. (NOTE: Those with calcium citrate or calcium lactate can be taken between meals).
- For optimal absorption don’t take more than 500 mg at one time.
- Vitamin C enhances absorption, so take your supplement with a few ounces of orange juice or another food item high in vitamin C.

* Wagner CL, et al: Pediatrics, November 2008, pp1142-1152.