

Be Good To Your Bones

It's always a good time to take care of your bones.

Keeping your bones healthy is important at every age. Your bones serve two critical purposes, to provide you with structure and to store essential minerals. In its structural role, bone gives mobility, support and protection to your body. In its storehouse role, bone houses calcium and phosphorus, two vital minerals that are required for the functioning of the body.

During childhood and adolescence, your bones grow longer, thicker and stronger. But after age 35, many adults begin to lose bone mass. This is a subtle loss of thickness and you don't feel it. However, it can weaken your bones leading to fractures and osteoporosis. The good news is that there are many ways to build stronger bones and it's always a good time to start.

Be physically active

Participating in weight bearing exercise is one way to keep your bones healthy. These activities require your muscles to work against resistance. Examples of weight bearing exercise are fast walking, jogging, strength training, dancing, hiking, pushups and stair climbing. The goal is to be active 30 minutes a day or more on most of the days of the week.



Eat well

Eating for strong bones is simple and is the same as eating for overall health. Bones require a number of nutrients to maintain health. The Dietary Guidelines for Americans and the Food Guide Pyramid can help you plan a healthy approach. These guidelines recommend a wide variety of foods including plenty of fruits and vegetables, low-fat dairy products, whole grains, lean meats, poultry, fish and beans. Most Americans do not consume enough calcium and many do not get enough vitamin D through sun exposure. That's why it's important to focus on foods that provide those nutrients as part of your plan.

Finding good sources of calcium and Vitamin D

Look for these products to be on your way to good bone health:

- Yogurt Parfaits
- Fruit and Yogurt Smoothies
- Fortified low-fat and fat-free yogurts
- Lower fat cheese at the grill and deli
- Fortified cereals
- Fortified juices and juice drinks



Practice bone healthy habits

- Maintain a healthy weight
- Do not smoke
- If you drink alcohol, do so in moderation



Wellness & You! is a nutritional and educational program designed to provide ongoing health and wellness information as well as a variety of healthy food choices. The Wellness & You! program takes a fresh approach to offering the educational information you are looking for to make healthy dining decisions.

We have a strong commitment to offering balance and variety in the food we offer. The Wellness & You! nutrition criteria meet the dietary guidelines of most health organizations in North America including the Dietary Guidelines for Americans, The American Dietetic Association and the American Heart Association.

Dietary Guidelines for Americans

- Consume a variety of foods within and among the basic food groups while staying within energy needs.
- Control calorie intake to manage body weight.
- Be physically active every day.
- Increase daily intake of fruits, vegetables, whole grains, and nonfat or low-fat milk and dairy products.
- Choose fats wisely for good health.
- Choose carbohydrates wisely for good health.
- Choose and prepare foods with minimal salt.
- If you drink alcoholic beverages, do so in moderation.
- Keep food safe to eat.



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