

Eating for Strong Bones

Building and keeping strong bones is a lifelong process that includes eating healthy and getting at least 30 minutes of physical activity per day.

- During teen and young adult years, you build the foundation for a lifetime of strong bones.
- During your middle years (30's and 40's) it is still important to get enough calcium every day.
- After menopause, you lose bone calcium because your body lacks the estrogen hormone. Talk to your health care provider to see if medications are needed to keep bones strong.

Here's how to get the calcium needed to build and maintain strong bones.

- Drink 3 or more cups of fat-free or low-fat milk daily.
- If you don't like milk, put strawberry or chocolate flavoring in it; eat other foods from the milk group like cheese and yogurt.
- If milk makes you sick, try drinking small amounts about ½ cup with meals and snacks or try low-lactose milk.
- Other foods with calcium include foods with cheese in them, Brussels sprouts, broccoli, foods with beans in them, tofu, and calcium-fortified soy milk.

The source for the information above is the Department of Health Services, Division of Public Health, P-43018 (07/00), State of Wisconsin.