

## Bone Up on Calcium

### During June, National Dairy Month

Think about your bones. Do you ever take them for granted? If you aren't wearing a cast, ignoring the 206 bones in your body is quite easy.

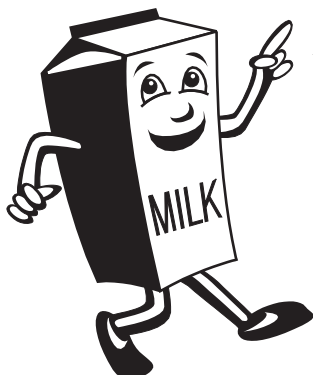
Osteoporosis, the condition of porous, fragile bones, often is called a "silent disease." Many people don't know they have it until they break a bone.

About 10 million Americans, including 2 million men, have osteoporosis. Another 18 million are at risk of getting it.

### Feed Your Bones

To stay strong, bones need a variety of healthy foods and weight-bearing physical activities. Bones need calcium, vitamin D, magnesium, phosphorus and other nutrients.

Read Nutrition Facts labels on food packages to compare your choices.



### Try These Questions (see the answers at the end):

1. Kids ages 2 to 8 need 2 cups of milk per day. How many cups of milk or other dairy foods are recommended for people 9 and older?
  - a. 1 cup
  - b. 2 cups
  - c. 3 cups
  - d. 4 cups
2. Dairy foods are an excellent source of bone-building calcium. Besides dairy, what other food(s) contain some calcium?
  - a. Leafy green vegetables
  - b. Fish with edible bones
  - c. Dry edible beans
  - d. Fortified cereals
  - e. All of these contain some calcium

### Try these Tips:



- Set a goal to have at least three daily servings of milk and other dairy foods.
- Drink milk with meals and water with snacks.
- If you have lactose intolerance, try yogurt, hard cheese or other calcium-rich foods. Or consume the enzyme lactase before having dairy products.
- Enjoy some tasty dairy-based recipes this summer.
  - Try fruit smoothies made with nonfat yogurt.
  - Top baked potatoes with low-fat shredded cheese, nonfat yogurt and chives.
  - Enjoy vegetable and fruit dips made with nonfat yogurt.

Answers: 1. c; 2. e

Visit [www.ag.ndsu.edu/foodwise](http://www.ag.ndsu.edu/foodwise) for more information.

## I'm trying to lose weight. Should I drink less milk to cut calories?

Don't skip milk to lose weight! Dairy calcium has been shown to help promote a healthy weight. In one study, women who consumed the most calcium were less likely to be overweight than those who consumed the least calcium. In another study, preschool children who consumed more calcium were less likely to be overweight. To reduce calories, choose low-fat or fat-free milk instead of whole milk.

## I love to swim. Does swimming promote healthy bones?

Swimming is a great activity for keeping your heart healthy, but it doesn't build stronger bones. To build strong bones, you need activity that puts weight on your bones. Weight-bearing physical activities include hiking and dancing. Adults should aim for at least 30 minutes of moderate physical activity every day and children, 60 minutes.

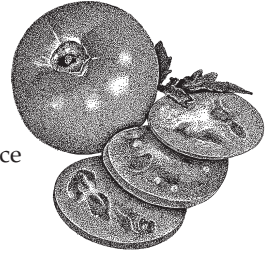


Put on your walking shoes,  
enjoy the summer weather  
and build stronger  
bones!

Try this quick, easy and cheesy recipe from the 3-A-Day of Dairy Program of the Midwest Dairy Council ([www.midwestdairy.com](http://www.midwestdairy.com))

## Cheesy Pizza Squares

- 1 can refrigerated pizza dough
- 1 c. ricotta cheese
- 2 c. (8 ounces) shredded low-moisture part-skim mozzarella cheese
- 2 ounces turkey pepperoni, Canadian bacon or cooked meat of choice
- 2 medium tomatoes, thinly sliced
- 1 c. green pepper, diced
- 1 tsp. oregano



Preheat oven to 400 degrees. Press pizza dough into 15- inch by 10-inch sheet pan. Bake for 12 minutes; remove from oven and spread ricotta cheese over crust. Top with mozzarella cheese, meat, tomatoes, pepper and oregano. Return to oven and bake for six minutes or until cheese is melted. Cut into squares and serve.

*Makes 10 servings. Each serving has 200 calories, 9 grams (g) fat, 17 g carbohydrate, 1 g fiber and 25 percent of the daily calcium recommendation.*

### Menu idea:

**Cheesy Pizza Squares, lettuce salad, grapes, low-fat milk**

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Contact the local office of the  
NDSU Extension Service  
for more information  
on food and nutrition or  
managing your food dollar.

