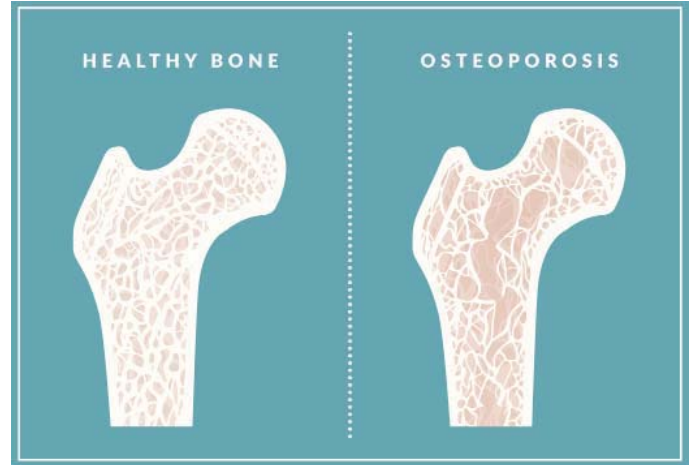




# May is Osteoporosis Awareness Month

Did you know that bones can become so weak that a sneeze can lead to a break? Osteoporosis is a disease that causes bones to become brittle. It can occur in men and women.

We can't feel our bones weakening, so we need to eat a healthful diet and get weight-bearing exercise (such as walking, hiking, jogging, dancing) to keep our bones strong. Building strong bones begins in childhood. Maintaining our bone strength continues throughout our life.



May, Osteoporosis Awareness Month, is a good time to renew our commitment to protecting our bones.

## Bone Builders

Calcium and vitamin D are the main bone-building nutrients. Other vitamins and minerals such as vitamin C, potassium and magnesium also help build strong bones. Eat a variety of foods every day to get the vitamins and minerals your body needs.



### How Much Calcium and Vitamin D Do You Need?

Find your age and gender on this chart.

Nutrient	Age/Gender	Amount needed daily
Calcium	Women 19 to 70; men 19 to 50	1,000 milligrams (mg)
	Women 51 and older; men 71 and older	1,200 mg
	Children/teens 9 to 18	1,300 mg
	Children 4 to 8	1,000 mg
	Children 1 to 3	700 mg
Vitamin D	Children and adults ages 1 to 70	600 International Units (IU)
	Adults 71 and older	800 IU

## Where Do I Get Calcium and Vitamin D?

Nutrition labels show the percent of the Daily Value of calcium provided by a serving of the food. Some nutrition labels also show how much vitamin D is present.



### Calcium is found in:

- Yogurt
- Milk
- Cheese
- Collard greens
- Broccoli
- Kale
- Figs
- Calcium-fortified juices, breads and cereals, soy milk, almond milk, tofu

### Vitamin D is found in:

- Fatty fish such as salmon
- Vitamin D-fortified milk
- Some brands of yogurt\*
- Some types of 100 percent juice\*
- Some types of cereal\*

\* Read the label on foods to learn whether the food has vitamin D added.

**Note:** Vitamin D can be made when our skin is exposed to sunlight; during winter months, we may be lacking in vitamin D. According to some research, 10 minutes of sun exposure provides 10,000 International Units of vitamin D. (But, remember to wear sunscreen to protect yourself from skin cancer!)

Source: National Institutes of Health

Here's a tasty sandwich perfect for a picnic. If you have kids or grandkids, they might like to help you make them. You can use precooked or grilled chicken in this recipe, too.

# California Roll-ups

- ½ tsp. salt
- Juice from 2 lemons
- 1 pound chicken breasts
- 1 avocado, peeled, pitted, mashed
- ½ c. Greek yogurt, low-fat
- ½ c. sliced almonds
- 1 c. grapes, halved
- 1 apple, peeled, cored, chopped
- 2 celery stalks, finely chopped
- 2 green onions, thinly sliced
- 10 whole-wheat tortillas



1. In a large stockpot, combine 4 cups of water with ¼ teaspoon salt and the juice from 1½ lemons. Bring to a boil over medium-high heat and add the chicken. Cover with a lid, reduce heat and simmer for 10 minutes or until the chicken reaches an internal temperature of 165 F. Remove chicken from stockpot.
2. Dice chicken in small pieces.
3. In a large bowl, combine the avocado with the Greek yogurt. Add the almonds, grapes, apple, celery, green onions, and the remaining lemon juice and salt. Add the chicken and mix well.
4. Dividing evenly, spread the chicken mixture on a tortilla and roll up. Slice the tortilla into bite-sized pieces or secure with a toothpick. Serve with your favorite fruit or veggie.

Makes 10 servings.

Each serving has 260 calories, 7 grams (g) fat, 20 g protein, 30 g carbohydrate, 2 g fiber and 300 milligrams sodium.

## Menu Idea

California Roll-ups

Spinach salad with chopped oranges and sunflower seeds

Oatmeal raisin cookie

Low-fat or fat-free milk

I heard that we can grow gardens that are “good for our eyes.” I know that carrots are eye-healthy. What other vegetables are good for our eyes?

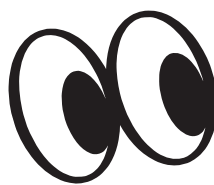
Yes, carrots are good for maintaining our night vision. Leafy greens such as kale, collard greens and spinach, are among the most eye-healthy foods. Orange bell peppers, corn and peas also provide food for our eyes. **May also is Healthy Vision Month**, so take steps to care for your eyes. Enjoy a variety of colorful vegetables for good overall health and especially eye health.



## FoodWi\$e Tip of the Month

# Grow Some Food This Summer!

- SNAP (Supplemental Nutrition Assistance Program) participants can use their benefits to buy seeds and edible plants at SNAP retailers.
- If you want to learn about gardening and preserving your harvest, check with your local county office of the NDSU Extension Service or see [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) and click on “Field to Fork,” “Food Preservation” and other topics of interest.



## Just for Fun

What kind of food should you eat to increase your vision?

“Seafood”

Julie Garden-Robinson, Food and Nutrition Specialist

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

