

Growing Strong Bones...

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We all need strong bones for good health. Strong bones last a lifetime and help to prevent diseases such as osteoporosis later in life.

● So how do you develop strong bones?

The best time to build strong bones is during our child and teen years when our bones are growing fastest. For our children to develop strong bones, they need lots of weight-bearing activity such as walking, running, jumping and dancing. They also need calcium. It's essential to a healthy diet and to the growth of strong bones and teeth.

● Are your kids getting enough calcium?

During their teen years, children need a minimum of 1300 mg of calcium. Unfortunately, only 19% of teen girls and 52% of teen boys get this amount of calcium in their diets. One of the reasons is that soft drinks and juices are replacing milk and milk alternatives in many kids' diets, so kids are missing out on one of the best sources of calcium.

Eating Well with Canada's Food Guide recommends 3 to 4 servings of milk and milk alternatives each day for adolescents between the ages of 9 and 18 years. One food guide serving is:

250 mL (1 cup) Milk
250 mL (1 cup) Fortified soy beverage
175 mL (3/4 cup) Yogurt
50 g (1-1/2 oz) Cheese

Other sources of calcium include:

Calcium-fortified Orange Juice
Cooked frozen spinach
Baked beans

Don't forget

*For good health, kids need both calcium and physical activity. Be sure that your kids get lots of both, and help them develop strong bones...**for life.***

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Physical Activity - do it for life!

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