



Build Your Bones For Active Living For Life!

Building strong bones during childhood and adolescent years is key to maintaining good bone health for life. There are several factors that are critical to building strong bones. From a nutrition perspective, having a diet rich in calcium and Vitamin D is essential for healthy bones and teeth. But other lifestyle factors like physical activity and being smoke free also play a role.

Here are some bone building facts:

- Children and teenagers need calcium rich foods. This means at least 2-3 daily servings of milk, yogurt, cheese, salmon with bones, fortified beverages (like soy milk or orange juice), almonds, kidney beans, black beans and tofu made with calcium.
- Vitamin D is also needed; it helps in the absorption of calcium. Foods such as milk, eggs and fatty fish contain vitamin D. Our body can make its own vitamin D when we are exposed to sunlight.
- Exercise like walking or weight training (in fact all exercises except swimming and cycling) helps keep bones strong and prevents calcium loss.
- Dietary sources of calcium are best because they contain other nutrients too. If you are unable to get enough calcium from your diet, calcium supplements are an alternative.
- Smoking cigarettes has been linked to poor bone health. Studies show that smokers have a cluster of poor health behaviours which have a negative impact on bone health.

Eat Well...Be Active...Live Tobacco Free.

