



Bones strength increases from birth to about age 25-30. After age 40, bones slowly get weaker.

Build Healthy Bones

Information adapted from the National Institutes of Health

The 3 "ingredients" to strong bones:

Calcium

- Found in dairy, soy, canned fish (sardines, salmon, or tuna), greens (kale, mustard greens, or broccoli), and fortified foods (some orange juices and cereals).

Vitamin D

- Found in fish (trout, salmon, canned sardines and canned tuna), egg yolks, and fortified foods (some milks and orange juices).
- Supplements are often needed.

Physical Activity

- Dancing, running, jumping, skipping, climbing, hiking, walking. Make it more fun with tag, monkey bars, hopscotch, jumping rope, gymnastics, or sports like soccer or baseball.

Age	How much?
Infants	Calcium: get enough from breastmilk or formula Vitamin D: 400 IU per day from supplements or at least 32oz formula per day Physical Activity: 30 minutes/day (tummy time, rolling, sitting, crawling, etc.)
Children	Calcium: about 3 servings of dairy or soy foods Vitamin D: 600 IU per day from supplements Physical Activity: 180 minutes (3 hours) per day
Adults	Calcium: about 3-4 servings of dairy or soy foods Vitamin D: 600 IU per day from supplements. Breastfeeding women may take up to 6400 IU per day if not supplementing their infant Physical Activity: 150 minutes per week (30 minutes, 5 times per week)



Why is having healthy bones important?

- Strong bones are harder to fracture or break.
- Bones protect our brain, heart, and other organs.
- Bones store minerals in case we need them later.
- Having strong bones helps prevent osteoporosis (bone disease) later in life.

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