



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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Tip: Substitute 1.5 cups of any veggies and 1 cup of any cheese to make this recipe with your family's favorite flavors!

# Veggie, Egg, and Cheese Bites

Recipe adapted from the WIC Mom Strong Cookbook

10 min prep time

20 min cook time

Makes 8 servings

## Ingredients

- 7 large eggs\*
- 1/2 cup broccoli\* (fresh or frozen), chopped
- 1/2 red bell pepper\*, diced (about 1/2 cup)
- 1/2 cup spinach\*, chopped
- 1/4 cup milk\*
- 1 cup shredded cheddar cheese\*
- 2 tsp olive oil
- 1/4 tsp salt (optional)

\* WIC foods



## Directions

1. Wash your prep area, hands, and vegetables.
2. Preheat oven to 350 degrees.
3. Drizzle olive oil in a skillet and add chopped broccoli and bell pepper. Cook over medium heat until vegetables are slightly soft. Set aside to cool.
4. In a bowl, whisk eggs until smooth. Add milk, cheese, spinach, and cooked broccoli and bell pepper. Season with salt.
5. Stir the mixture and pour into muffin tins, filling tins about 2/3 full.
6. Bake for 20-22 minutes, until edges become golden and eggs are cooked.
7. Serve while still warm or refrigerate up to 3 days and reheat in the microwave when ready to serve. Can also be frozen!

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