



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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