

Dem Bones

They Matter!



Dem Bones Need to Be Healthy



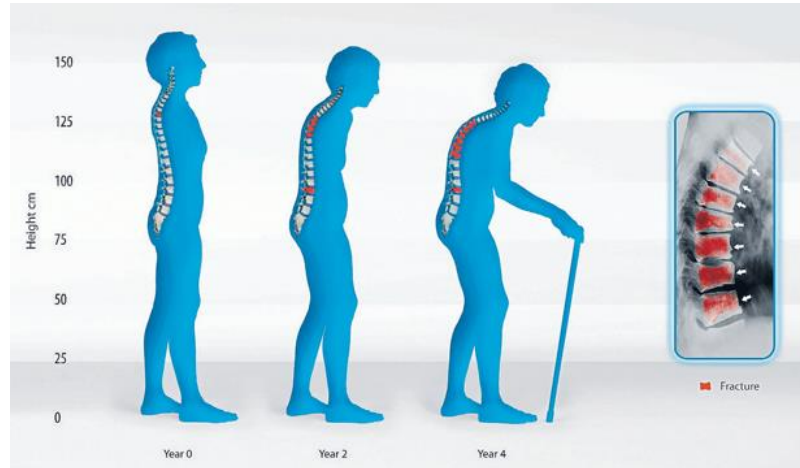
Healthy Bone



Unhealthy bone

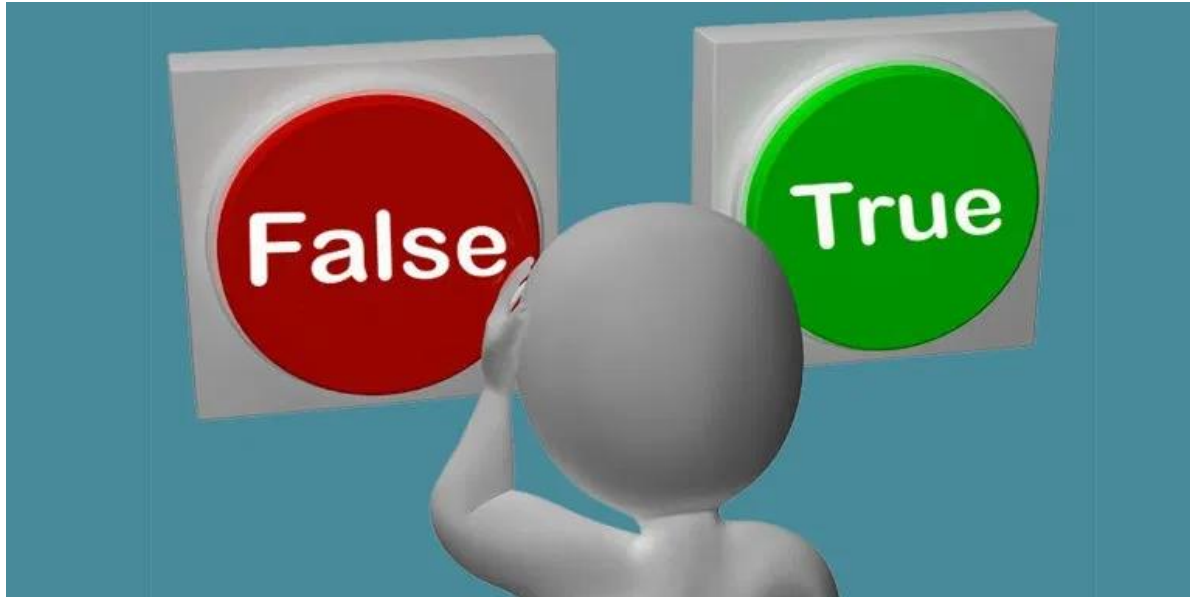
Dem Bones Need to Be Healthy...Why?

- To reduce the risk of **OSTEOPOROSIS**--a disease that weakens bones, causing them to become brittle and break easily and affects both men and women.



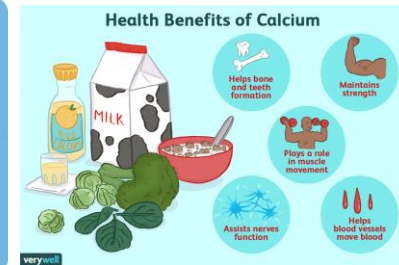
Dem Bones: TRUE or FALSE

OSTEOPOROSIS is preventable



Dem Bones Osteoporosis Prevention Tips

- **#1: Eat a CALCIUM rich diet!**
- *Include Vitamin D (sunshine vitamin) to help absorb*
- *Aim for 100% Daily Value for all vitamins & minerals*
- *14-18 year olds need 3 cups of dairy or 1300 mg daily*
 - Helps muscles contract
 - Maintains strong bones



***some foods may be fortified to improve calcium**

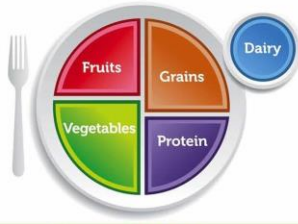
Dem Bones Share Food Label Update

- **New Food Labels will now include:**

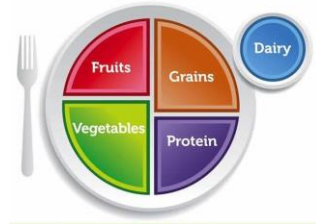
- *Calcium & Vitamin D amounts*

- Too many are deficient in these nutrients
- 5%=low & 20%=high (in between--look at which side the % is closer to)

| Nutrition Facts | |
|---|------------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| <hr/> | |
| Amount per 2/3 cup | 230 |
| Calories | |
| <hr/> | |
| % DV* | |
| 12% | Total Fat 6g |
| 5% | Saturated Fat 1g |
| | Trans Fat 0g |
| 0% | Cholesterol 0mg |
| 7% | Sodium 160mg |
| 12% | Total Carbs 37g |
| 14% | Dietary Fiber 4g |
| | Sugars 1g |
| | Added Sugars 0g |
| | Protein 3g |
| <hr/> | |
| 10% | Vitamin D 2mcg |
| 20% | Calcium 260mg |
| 45% | Iron 8mg |
| 5% | Potassium 235mg |
| <hr/> | |
| * Footnote on Daily Values (DV) and calories reference to be inserted here. | |



Dem Bones Food Sources



- Add the foods containing calcium to the correct food group: *Canned seafood, cheese, dark green leafy veggies, fortified cereal, fortified orange juice, milk, salmon, yogurt*



Dem Bones Presents

A Special Need of Teens: Calcium



What if Dem Bones is Lactose Intolerant?

Lactose Intolerance is the name of natural sugar found in milk; some people have trouble digesting



SYMPTOMS



WHAT TO DO



Dem Bones Osteoporosis Prevention Tips

- **#2: Perform Weight Bearing Exercise**

