



## Bone Up on Dairy!

Eating three servings a day of dairy, in addition to regular physical activity, is an important way for the whole family to build stronger bones and reduce risk of osteoporosis. Nutrients in dairy foods including calcium, magnesium, phosphorus, potassium, protein and vitamin D work together to help build and protect bones. In fact, a report from the American Academy of Pediatrics states that eating calcium-rich foods such as milk, cheese and yogurt during childhood and adolescence will help build strong bones, which may reduce the risk of fractures and osteoporosis later in life. Choose low and fat free dairy products more often. Of course, adults can help protect their bones too, by getting 3-A-Day™ of Dairy and participating in weight-bearing exercise. So take care of yourself and set a good example for your kids at the same time.



## Try these Super Snacks to boost your dairy intake!

- ◆ Mix 1 cup of plain yogurt with yellow or Dijon mustard for dipping pretzels and vegetables
- ◆ Toss 2 tablespoons of freshly grated Parmesan cheese with fat-free microwave popcorn
- ◆ Fill ice trays with low-fat chocolate or strawberry milk and serve the cubes in glasses of milk for a cold surprise
- ◆ Heat a cup of low-fat or fat-free chocolate milk for an afternoon break

Source: [www.3aday.org](http://www.3aday.org)

## NUTRITION: Fact VS. Fiction

**Myth: Fresh fruits and vegetables are healthier than frozen or canned.**

**Fact:** Research shows frozen and canned foods are as nutritious as fresh. In fact, since lycopene (a powerful antioxidant) is more easily absorbed in the body after it has been processed, canned tomatoes, corn and carrots are sometimes better nutrition choices.

**Myth: Body weight is a reliable indicator of a healthful diet.**

**Fact:** No two people have the same body composition. The measure of a person's diet and your overall health is a combination of factors, including weight.

**Myth: Eating sugar causes diabetes.**

**Fact:** Diabetes is caused by a lack of insulin in the body. Since foods that are high in sugar are often high in calories, overeating those foods can lead to weight gain. Research shows people who are overweight and obese are at increased risk for diabetes.

**Nutrition: It's a Matter of Fact**

Source: [www.eatright.org](http://www.eatright.org)



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