



Smart Eating Makes the Grade!

Healthy Eating for Strong Bones

Strong bones and teeth

Our bones are made up of many things. Calcium, phosphorus, vitamin D and many other nutrients work together to keep our skeleton the best it can be.

Childhood is the most important time to build and strengthen bones. Good nutrition and active lifestyles in childhood help to prevent fractures and osteoporosis later in life.



Vitamin D is needed in our diet to help absorb calcium from our foods. Normally this vitamin is made by our body when sunlight touches the skin. In winter we are too far from the sun to do this.



Some people have more trouble making vitamin D, such as: people with darker skin colour and overweight individuals.

The milk and alternatives are the best foods to provide the needed calcium and vitamin D to make our bones and teeth strong.

Follow Canada's Food Guide to get the amount of calcium and vitamin D your body needs:

Milk/Alternative

4-8 years old = 2 servings a day
9-18 years old = 3-4 servings a day

What do we need?

Calcium:
4-8 years old:
800mg of Calcium

9-18 years old:
1300mg of Calcium

Vitamin D:
4 years old and older:
200 IU of vitamin D

Calcium and Vitamin D:

Where do we get it and how much do we get?

Food	Calcium	Vitamin D
1 cup milk	300 mg	100 IU
50g (1 ½ oz) cheddar, goat, brick, edam, gouda, colby cheese	350-452 mg	6 IU
1 cup fortified soy or rice beverage	319 mg	80 IU
¾ cup tofu set with calcium sulfate	347 mg	None
½ cup broccoli	33 mg	None
½ cup fortified orange juice	185 mg	45 IU (if added)
1 egg yolk	24 mg	25 IU
75 g salmon canned or cooked	171 mg (if canned with bones)	608 IU
2 tsp margarine	None	41 IU

The Bottom Line

Bones are made up of many things we get from food. Having a balanced diet is important for bone health. Follow Canada's Food Guide and stay active to make your bones the best they can be.



Activity Corner

Activity helps to make our bones stronger, and helps to prevent osteoporosis when kids become adults.

In winter, these are some great activities to do.

Outside: sledding, skating, build a snowman, skiing, snowshoeing

Inside: jump rope, freeze tag, basketball

Lunch Box Corner

Calcium and vitamin D rich lunches:

Vegetable Choice: Tossed spinach salad, carrot sticks, broccoli

Milk/Alternatives Choice: Mozzarella, cheddar or string cheese, milk, chocolate milk, yogurt or pudding

Sandwich: Salmon salad sandwich with lettuce on whole wheat bread

Fruit Choice: Mandarin orange, dried apricots or fortified orange juice

What if I don't eat dairy foods?

For people who don't like milk, have a lactose intolerance or have a milk allergy, refer to the list below for some examples of other foods that provide calcium, phosphorus and vitamin D.

- ◆ Calcium: Fortified soy milk, fortified rice milk, almonds, cooked spinach, broccoli, fortified orange juice, tofu (set with calcium sulfate) and baked beans.
- ◆ Phosphorus: nuts, whole wheat bread and many other foods.
- ◆ Vitamin D: salmon, mackerel, tuna, egg yolks, margarine and fortified rice or soy beverages.

Un-sir-pasta Pizza

6oz fettuccine (uncooked)
2 egg whites
2 Tbsp parmesan cheese
¼ tsp black pepper
½ cup chopped red pepper
¼ tsp dried oregano
½ cup shredded low-fat mozzarella cheese

1 egg
¼ cup milk
¼ tsp salt
1 cup each of chopped broccoli and sliced mushrooms
½ cup pizza or spaghetti sauce
3oz cooked ham (chopped)

Makes 4 servings



Cook fettuccine. Drain. Rinse in cold water and drain.

In a bowl whisk egg, egg whites, milk, parmesan, salt and black pepper. Add fettuccine and mix well. Spray a 9 inch pan with non-stick spray. Pour the fettuccine into the pan and spread evenly.

Combine broccoli, mushrooms, red pepper, and ¼ cup water in a small microwavable bowl. Microwave on high for 3 minutes. Drain.

Stir in pizza sauce and oregano. Spread mixture over the fettuccine.

Top the fettuccine with ham and mozzarella. Bake at 350°F for 30 minutes.

Remove from oven and let sit for 5 minutes before slicing.

(Adapted from Looneyspoons by Janet and Greta Podleski, 1996)