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®

## Building Bones to Last a Lifetime

**Prevent bone loss with the right food and exercise.**

*Learning for Life*

**The University of Georgia Cooperative Extension**

Contact your local office at



- **Consume dairy products and other foods rich in calcium and Vitamin D every day.**
- **Take calcium and Vitamin D supplements if you cannot get enough from food.**
- **Eat enough protein and 5 or more fruits and vegetables per day for magnesium, potassium, Vitamin K and Vitamin C.**
- **Do weight-bearing exercise like walking, jogging, tennis, basketball, weight training or soccer.**



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## Calcium, Dairy Group and Vitamin D Recommendations

Age	Calcium milligrams	Vitamin D I.U.	Dairy Group Servings
1-3 years	700	600	2-2 1/2 cups
4-8 years	1,000	600	2-2 1/2 cups
9-18 years	1,300	600	3 cups
19-70 year old men	1,000	600	3 cups
19-70 old women	1,200	600	3 cups
71 and up	1,200	800	3 cups

### What Equals a Cup Serving?

- 1 cup milk, yogurt, pudding or buttermilk
- 1 1/2 ounces hard cheese or 1/3 cup shredded cheese or 2 ounces American cheese
- 2 cups cottage cheese
- 1/2 cup ricotta cheese



### Other Sources of Calcium (Check Food Labels)

- **Fortified soy milk, juices, rice milk, breakfast cereals**
- **Cooked dried beans and peas**
- **Turnip greens**
- **Canned salmon with bones**
- **Almonds**

**To preserve bone, do not smoke, drink alcohol excessively or diet too strictly.**

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