

# Dem Bones

## Benefits of Calcium and Physical Activity:

1. Helps build and maintain strong bones!
2. Calcium and other nutrients can be found in milk, milk products, some vegetables, and other foods.



### Farmers Market or Green Cart Shopping List

Try bone-building broccoli from your local market this week!

## Family Goal

Goal: Increase servings of calcium every day. Try fat-free or low-fat milk, cheese or yogurt, broccoli, almonds, or soybeans.

Monday: We added \_\_\_\_\_ today.

Tuesday: We added \_\_\_\_\_ today.

Wednesday: We added \_\_\_\_\_ today.

Thursday: We added \_\_\_\_\_ today.

Friday: We added \_\_\_\_\_ today.

Saturday: We added \_\_\_\_\_ today.

Sunday: We added \_\_\_\_\_ today.



**Fact of the Week** Fat-free or low-fat milk, cheese and yogurt provide essential nutrients such as calcium, potassium, vitamin D and protein for healthy bone growth.

### Surprising Fact



Children 1–3 years of age need 500 mg of calcium each day. (1 full cup is 300 mg)



Children 4–8 years of age need 800 mg of calcium each day. (1 full cup is 300 mg)

Don't forget, grown-ups need calcium too!

### Strategy

Use fat-free or low-fat milk instead of water to make oatmeal and other hot cereals.

### Health Tip

Some children are allergic to milk and milk products, but they still need calcium. Ask your doctor for creative ways to include calcium in their diet. (Try broccoli!)

# At-Home Tools

## Bone Books

*Dinosaur Stomp!*

by Paul Stickland

*Dem Bones*

by Bob Barner

*The Skeleton  
Inside You*

by Philip Balestrino



## New Bone Words to Use

1. Bone
2. Low-fat
3. Milk
4. Jump
5. Bounce



## Did you know...

Calcium is found in broccoli and fortified soy beverages.

### Activities for Building Bones

#### Bouncy Bones!

Create a safe space to bounce. Practice your bouncing skills by bouncing on one foot, two feet, forwards and backwards. Challenge: change direction and speed.

#### Long Jump

Compare how far each family member can jump from a standing position.

### Bone Building Recipes

#### Breakfast

Vanilla fat-free or low-fat yogurt topped with cereal and blueberries.

#### Lunch

Spread tuna fish on top of a whole wheat English muffin. Add a slice of tomato and cover with low-fat cheddar cheese. Finish dish by warming for 1 minute to melt cheese

#### Snack

One cup of fat-free or low-fat milk and banana slices.

