

# Pointers For Parents

## Build Strong Bones

(NAPSA)—It may come as a surprise to some, but girls as young as 9 need to think about protecting their bones from osteoporosis. Fortunately, it can be fun with the help of the delicious foods and enjoyable physical activities found at a Web site set up by the U.S. Department of Health and Human Services, [www.cdc.gov/powerfulbones](http://www.cdc.gov/powerfulbones). The site is devoted to helping girls aged 9 through 12 get the 1300 mg of calcium they need each day and get their bodies moving to build strong bones. Here's how you can help your daughter, neighbor, or friend out, too.

There are some great foods with calcium that you can share with her. A warm plate of waffles or pancakes is a great way to start the day. Top them with fat-free or low-fat yogurt (225 mg of calcium/half cup), and serve a glass of fat-free or low-fat milk with them (300 mg of calcium/cup). Another easy food to try is oatmeal made with fat-free or low-fat milk. A glass of fruit juice—the kind with added calcium (300 mg/cup)—will give breakfast a refreshing splash.

Some great ideas for other meals include tomato or mushroom soup made with fat-free or low-fat milk, or grilled cheese sandwiches (371 mg of calcium)—together that's nearly half her calcium requirement for the day. Steamed broccoli makes a nice side dish and will add 90 mg more calcium to her diet. For dessert, a mug of hot cocoa made with fat-free or low-fat milk can wrap up any meal, and add 300 mg more calcium to her day, too. Or try snacks with calcium anytime—a handful of almonds and dried fruit (71 mg of calcium/oz) or a cereal bar with added calcium (approximately 200



**Carla, the spokescharacter at [www.cdc.gov/powerfulbones](http://www.cdc.gov/powerfulbones), helps girls build strong bones.**

mg of calcium).

All these delicious foods with calcium may give her lots of energy. Fortunately, there are plenty of fun, weight-bearing physical activities that help burn that energy while they build strong bones.

- If music gets her feet going, dancing can be fun.
- Alternate sets of push-ups and jumping-jacks to make for a stronger body and stronger bones. Add a workout with some hand weights to help tone up and build even more bone mass.
- Take her to karate or taekwon do classes.
- Take her and some friends to a recreation center to hit the court and practice those intense basketball moves.

The National Bone Health Campaign, "Powerful Bones. Powerful Girls" is a multi-year national campaign developed by the U.S. Department of Health and Human Services and the National Osteoporosis Foundation.