

Total Nutrition

Five Ways To Stronger Bones

by Mindy Hermann, R.D.

(NAPSA)—May is National Osteoporosis Awareness and Prevention Month, a good time to think about your bone health. Take these simple steps now to delay joining the millions of American adults over the age of 50 who have osteoporosis.



Mindy Hermann

1. Go for three daily servings of naturally calcium-rich low-fat or non-fat milk, cheese or yogurt. Or include other high-calcium beverages and foods; for example, soymilk with calcium, calcium-fortified juice, and all five varieties of Whole Grain Total cereal.

2. Make sure that your daily routine includes walking, jogging, dancing, hiking or other weight-bearing activities that help preserve your bones.

3. Catch a few rays. Exposure to sunlight stimulates production of vitamin D—a vitamin that helps the body absorb calcium. Vitamin D is also added to milk and some yogurts.

4. Boost your balance. Core-strengthening exercises on an exercise ball, yoga and Pilates can all improve your balance and lessen your chances of falling.

5. Try recipes that include high-calcium ingredients, like our delicious Banana-Wheat Muffins.

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and the American Medical Association's "Family Health Cookbook."

Banana-Wheat Muffins

Streusel

- 1 tablespoon all-purpose flour
- 1 tablespoon packed brown sugar
- 1 tablespoon butter or margarine, softened
- $\frac{1}{2}$ cup slightly crushed Whole Grain Total® cereal

Muffins

- $\frac{3}{4}$ cup mashed ripe bananas (about 2 medium)
- $\frac{1}{2}$ cup milk
- 3 tablespoons packed brown sugar
- 3 tablespoons vegetable oil
- 1 egg
- 1 $\frac{1}{4}$ cups all-purpose flour
- 2 $\frac{1}{4}$ teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 $\frac{1}{4}$ cups slightly crushed Whole Grain Total® cereal

1. Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups. Stir together streusel ingredients until crumbly; set aside.

2. In large bowl, stir together bananas, milk, 3 tablespoons brown sugar, oil and egg. Stir in 1 $\frac{1}{4}$ cups flour, baking powder and salt just until flour is moistened; stir in 1 $\frac{1}{4}$ cups slightly crushed cereal. Divide batter evenly among muffin cups, filling each about $\frac{3}{4}$ full. Sprinkle streusel evenly over batter in muffin cups.

3. Bake about 20 minutes or until golden brown.

12 servings

