

May

Fun Facts

May Is Osteoporosis Prevention Month



It's pretty hard for kids to relate to a disease that might affect them when they get old! But we can – and should – guide them to build healthy bones! The reason? School-age and teenage years are critical windows for helping kids develop the strongest, densest bones possible, and reduce their risk for fractures now and the bone-thinning disease, osteoporosis, when they are adults. Three key steps you can take as a parent are to:

- 1. Make sure that your child gets 3-Every-Day™ of Dairy.** Both MyPyramid for Kids and the American Academy of Pediatrics recommend 3 daily servings of dairy to reduce children's risk for fractures now and osteoporosis later in life. Dairy foods, like low-fat milk, cheese and yogurt, provide calcium and eight other essential nutrients that help build strong bones.
- 2. Teach kids to think of their bones as a savings account.** They are depositing calcium now, when they are young, so they have enough to "withdraw" later in life. As they get taller and their bones get longer, they need to deposit more calcium into the account. Kids might be interested to know that between ages 11 and 20 they develop close to half their skeletal mass!
- 3. Encourage kids to move.** Regular physical activity helps kids build strong bones, too.

Kids' Corner

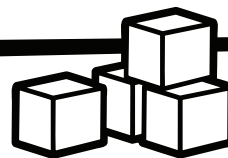


Regular, weight-bearing activity not only helps kids build strong bones, it helps you maintain strong bones, too. So revisit your childhood and join your kids for some "weight-bearing fun and games." Play:

- Freeze Tag
- Leap Frog
- Jump Rope
- Hopscotch
- Simon Says
- Football Toss

Forget how to play? Just ask your kids. They'll know! For more ideas visit www.NFLRush.com > Play 60.

Easy, Cheesy Calzone



Can't think of what to make for dinner? Try this fun twist on the ever-popular pizza dish and get your family to eat veggies along with calcium-rich cheese.

- 16 ounces prepared pizza dough
- 1/2 cup pizza sauce
- 2 cups shredded, part-skim mozzarella
- 3 cups cooked, chopped broccoli, drained
- 1 tablespoon butter, melted

Preheat oven to 400°F. Grease a baking sheet. Roll dough on a lightly floured surface to form a 9 x 14-inch rectangle, about 1/4-inch thick. Transfer to prepared baking sheet. Spread pizza sauce over half of the dough. Sprinkle cheese over entire piece of dough to within a half inch of all of the edges. Layer broccoli on half of the 14-inch side of the dough. Fold dough in half over the cheese and broccoli filling. Seal edges by pressing with the tines of a fork. Prick top. Brush with butter. Bake for 20-25 minutes, or until crust is lightly browned. Allow to cool for 5 minutes before cutting.

Makes 8 servings

Source: Recipe created for 3-Every-Day™ of Dairy by Elizabeth Ward, MS, RD.

Did You Know...?



Research shows that kids who go for a container of milk at lunch are more likely to make the calcium grade. Lunch-time milk drinkers meet or exceed the recommended calcium intake for both lunch and the entire day compared to kids who drink other beverages at lunch. They also have higher intakes of vitamin A and zinc, two nutrients typically low in kids' diets.¹ Kids have a choice of milk every day in the cafeteria. Whether they eat School Lunch or lunch from home, have them make milk the beverage of choice.

1. Johnson, RK, et al. *Journal of Child Nutrition and Management*. 1998, 2:95-100.