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SOUTHEAST UNITED DAIRY INDUSTRY ASSOCIATION, INC.

FACT SHEET

What Every Family Should Know About Osteoporosis

- Osteoporosis is a disease in which bones become weak and more likely to break. The thickness of bones developed early in life, along with a healthy diet and physical activity throughout life, helps determine a person's risk for osteoporosis.

- Osteoporosis is a pediatric disease that shows itself in the geriatric stage of life. In other words, the bone mass built during childhood and adolescence helps determine lifetime risk of osteoporosis and fractures later in life.

- According to the National Osteoporosis Foundation, osteoporosis is a major health threat for approximately 44 million Americans. Ten million people in the United States are estimated to already have the disease, and 34 million more have low bone mass, placing them at increased risk for osteoporosis.[1]

- Women are four times as likely as men to develop osteoporosis. In fact, 80 percent of people who have osteoporosis are women.[i]

- The *U.S. Surgeon General's Report on Bone Health and Osteoporosis* states that, by 2020, half of all Americans over age 50 will be at increased risk for fractures from osteoporosis and low bone mass if no immediate steps are taken.

- Bone health is important throughout life, not simply in the later years. Healthcare professionals are beginning to see an increased rate of bone fractures among children.[ii] A growing body of research demonstrates that low bone mass is contributing to fractures in children, including data that illustrate just as many forearm fractures among 13-year-old girls as among women ages 60 and older, due to low bone mass.[iii,iv]

- A key lifestyle factor that may contribute to the development of low bone mass and osteoporosis is low consumption of nutrient-rich foods, such as dairy products which contain bone building nutrients including calcium, magnesium, phosphorus, potassium, protein, and vitamin D. Additional lifestyle factors include lack of exercise, smoking and alcohol consumption.

- It's never too early, or too late, to make bone health a priority. Three steps to help build and maintain strong bones are:
    - Eat a nutrient-rich diet and include three servings of low-fat or fat-free dairy foods each day.
    - Be active and participate in weight-bearing and cardiovascular activities.
    - If you're a parent, be a role model. Children will follow your lead. For example, they will drink milk if they see you drink milk.

For more information on living a bone healthy life, visit southeastdairy.org.

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[i] National Osteoporosis Foundation, 2006. http://www.nof.org/osteoporosis/diseasefacts.htm.
[ii] Goulding A, Jones LE, Taylor RW, Manning PJ, Williams SM. More broken bones: a 4-year double cohort study of young girls with and without distal forearm fractures. J Bone Miner Res. 2000;15 :2011 –2018
[iii] Goulding A, Rockell JE, Black RE, Grant AM, Jones IE, Williams SM. Children who avoid drinking cow's milk are at increased risk for prepubertal bone fractures. J Am Diet Assoc. 104(2): 250-3, 2004
[iv] Bauer, G.C.H. (1970). "Epidemiology of Fractures." In Uriel S. Barzel (Ed.), *Osteoporosis* (pp. 153-163). New York, NY: Grune & Stratton.

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Healthy Bones for a Lifetime

Give Your Family the Nutrients They Need to Build Strong Bones and Reduce the Risk of Osteoporosis

Enjoying 3-A-Day of Dairy – three servings of low-fat or fat-free milk, yogurt or reduced-fat cheese each day – is a deliciously easy way to ensure adequate intake of essential nutrients that can help build strong bones and reduce the risk of osteoporosis later in life. Help your family take simple steps to incorporate three servings of low-fat or fat-free dairy foods into their daily healthy eating plan with these tips:

Start Strong

Make breakfast matter and start the day off right by including low-fat or fat-free dairy in the first meal of the day:

- Blend low-fat strawberry milk with fresh banana slices for a morning fruit splash.
- Sprinkle reduced-fat Cheddar cheese on scrambled eggs.
- Layer granola, fresh fruit and low-fat or fat-free raspberry or vanilla yogurt for a yummy breakfast parfait.

Snack Smart

Help ensure kids get their 3-A-Day of Dairy by offering healthy, grab-and-go low-fat and fat-free dairy foods at school, at home and on the road:

- Divide large bags of mini pretzels, popcorn, nuts or trail mix into single-serve portions in small plastic, resealable bags and add three to four dice-sized reduced-fat Cheddar or Mozzarella cheese cubes – perfect for lunch bags or mess-free snacking in the car.
- Let kids take a dip and get a serving of dairy by dunking cut up vegetables in melted reduced-fat cheese or fruit slices in low-fat or fat-free yogurt.
- Get a grip on nutrition with low-fat single-serve milk in plastic bottles and different flavors – great for school and the carpool. A survey found that kids consumed more milk when it was served cold in plastic bottles and offered in a variety of flavors.[1]

Family Dinners with Dairy

Tired of planning meals to fit everyone's tastes and schedules? Here are some easy ways to please the whole family:

- Sprinkle dinnertime favorites, like soup or a baked potato, with your favorite reduced-fat shredded cheese for added flavor.
- Add low-fat or fat-free milk to marinara for a creamy red sauce – it's a sure-to-please way to make pasta better and more nutritious.
- For a sweet ending to a long day, top angel food cake with low-fat or fat-free cherry or vanilla yogurt.

Role Model Moms

Studies show that when parents drink more milk, their children do, too. In other words, modeling healthy behaviors really does work!

- Kids aren't the only ones who need an afternoon snack. Encourage everyone to take a "3 p.m. break" every day to tally daily dairy servings. If falling short, it's a good time to work in another one. Add notes to lunches or post a dairy tracker (available at 3aday.org) on the fridge to remind the family.
- Set an example by making a habit of having a glass of low-fat or fat-free milk with dinner. Give your family options with low-fat chocolate or strawberry milk.
- When grocery shopping with your kids, together select items for school and work. For instance, low-fat drinkable yogurt in a variety of flavors provides a healthy pick-me-up at the office or after school.

To find more delicious 3-A-Day of Dairy ideas and tips for living a bone healthy life, visit southeastdairy.org.

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[1] National Dairy Council and American School Food Service Association. The School Milk Pilot Test. Beverage Marketing Corporation and Roper ASW for NDC and AFSA, 2002. www.nationaldairycouncil.org

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Family Facts: Dairy Foods and the Reduced Risk of Osteoporosis

Osteoporosis is a disease in which bones become weak and more likely to break.

- Healthy bones and reducing the risk of osteoporosis are important topics. In fact, the *U.S. Surgeon General's Report on Bone Health and Osteoporosis* states that, by 2020, half of all Americans over age 50 will be at increased risk for fractures from osteoporosis and low bone mass if no immediate steps are taken.

- It is important for adults *and* children to develop lifestyle habits for healthy bones because the bone mass built during childhood and adolescence helps determine lifetime risk of fractures and osteoporosis.

Dairy foods play an important role in building bones and helping reduce the risk of osteoporosis.

- The National Dairy Council® has partnered with four leading health professional organizations, including the American Academy of Family Physicians, American Academy of Pediatrics, American Dietetic Association and National Medical Association, to educate families about the importance of consuming low-fat and fat-free dairy foods for bone health and to help reduce the risk of osteoporosis.
- Consuming three servings of low-fat or fat-free dairy foods a day is recognized as key to bone-building by the U.S. Surgeon General and the American Academy of Pediatrics, as well as in the 2005 Dietary Guidelines for Americans.
    - The *U.S. Surgeon General's Report on Bone Health and Osteoporosis* recognizes the role of nutrients in dairy foods, including calcium, magnesium, phosphorus, potassium, protein, and vitamin D, that work together to help protect bones.
    - According to a recent American Academy of Pediatrics Report, *Lactose Intolerance in Infants, Children and Adolescents*, eating nutrient-rich foods such as milk, cheese and yogurt during childhood and adolescence may help reduce the risk of fractures and osteoporosis later in life.
    - The 2005 Dietary Guidelines for Americans encourage the consumption of milk or equivalent milk products for better bone health, especially during childhood and adolescence.

Tips to help families get their three servings of dairy a day.

- Children and adolescents are faced with a lot of choices when deciding what to eat and drink. Because choosing nutritious options is important, parents can be strong role models for healthy eating. Research shows that children drink more milk when their parents drink milk.

- Consume three servings of low-fat or fat-free dairy foods a day as recommended by the 2005 Dietary Guidelines for Americans. A serving of dairy is:
    - Milk: 8 ounces (1 cup)
    - Natural Cheese: 1.5 ounces or about 3-4 cheese cubes
    - Yogurt: one 8-ounce container

- Low-fat and fat-free milk, yogurt and reduced-fat cheese also are good choices for snacks and at mealtime. Try these quick and delicious ideas:
    - Blend strawberry milk with fresh banana slices for a creamy fruit smoothie.
    - Sprinkle reduced-fat Cheddar cheese on scrambled eggs.
    - Layer low-fat granola, fresh fruit and vanilla yogurt for a delicious parfait.

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