

Family Figures: Numbers You Should Know

We memorize many numbers from cell phones to PIN numbers to Social Security numbers. Know the important facts and figures that can impact the health of your family.

FIGURES	FACTS	FACTORS
1 ANNUAL CHECKUP	Work in partnership with your doctor.	<p><i>Be a wise medical consumer:</i></p> <ul style="list-style-type: none"> • Keep yearly appointment for physical and screenings as recommended by your MD • Ask questions and be honest with your MD • Inform your physician of any over-the-counter drugs, vitamins or supplements you are taking • Bring prescription medications (in original containers) to your appointment
5 FAMILY MEALS TOGETHER	Surveys suggest that only 1/3 of American families eat together on a regular basis.	<p><i>Research shows teens who eat family meals at least 5 times a week:</i></p> <ul style="list-style-type: none"> • Have better grades • Engage in less risky behaviors • Have better overall nutrition
120/80 or under RECOMMENDED BLOOD PRESSURE	<p>Often called the “silent killer,” high blood pressure effects 33% of Americans.</p> <p>Many people can control high blood pressure with lifestyle changes.</p>	<p><i>In some cases, high blood pressure can be prevented by:</i></p> <ul style="list-style-type: none"> • Maintaining a healthy body weight • Exercising 30-60 minutes most days • Not smoking • Including 8-10 servings of fruits and vegetables each day • Including 3-A-DAY of Dairy™ – 3 servings of low-fat and fat-free dairy foods • Limiting salt and saturated fats in your diet
206 BONES IN THE BODY	According to the Surgeon General, by 2020 nearly half of Americans over age 50 will be at risk from osteoporosis unless lifestyle changes are made.	<p><i>Reduce the risk from fractures from osteoporosis by:</i></p> <ul style="list-style-type: none"> • Building strong bones in childhood with 3-A-DAY of Dairy™ – 3 servings of calcium- rich dairy foods, such as milk, yogurt and cheese • Regular weight-bearing exercise, such as walking or using light weights • Not smoking
10,000 DAILY STEPS FOR GOOD HEALTH	<i>America on the Move</i> estimates the average American gains 1 to 3 pounds each year.	<p><i>Aim for increased physical activity by:</i></p> <ul style="list-style-type: none"> • Tracking steps with a pedometer • Enjoying walks, hikes and sports • Adding extra steps each day • Exercising with a friend



Visit www.southeastdairy.org for recipes, resources and health information. While online, sign up to be a 3-A-Day™ of Dairy Mom and receive exclusive offerings.

ARE YOU AND YOUR CHILD EATING ENOUGH FOODS WITH CALCIUM?

Seven out of 10 boys and nine out of 10 girls don't get the calcium they need.

Dairy foods like milk, cheese and yogurt provide your body with the calcium it needs to make strong bones. Not eating enough calcium is a concern for the whole family. If you are not eating the recommended amount as the parent, then your child may not be getting enough either, which may increase risk of bone fractures and osteoporosis.

Assess your calcium intake with these questions and discuss the answers with your pediatrician, family doctor or registered dietitian.

1. How many times a day do you (or your child) drink white or flavored milk? (whole, 2%, 1%, or skim milk)

Answer: _____

2. How often do you (or your child) eat cheese, yogurt, yogurt drinks, or other dairy products?

Answer: _____

DOCTOR SAYS: Children and adults can get the calcium they need by enjoying three servings of milk, yogurt or cheese each day (4 servings for adolescents). Choose low-fat or fat-free dairy foods often.

3. Do you (or your child) eat any of the following: broccoli, beans, cooked greens (eg, collards, turnip greens, kale), or tofu?

Answer: _____

4. Do you (or your child) drink calcium-fortified juices or eat any other calcium-fortified foods like cereal or bread? How often?

Answer: _____

5. Do you (or your child) take any calcium supplements including those containing vitamins?

Answer: _____

DOCTOR SAYS: Dairy products, including milk, yogurt and cheese (low-fat and fat-free versions are encouraged), are the recommended way to get calcium and other nutrients like vitamin D and potassium. Many vegetables contain calcium, but large portions are required to get the amount of calcium you need. Some foods have added calcium (fortified), but they don't have other good vitamins and minerals found in dairy. For people who cannot or will not eat dairy foods, calcium supplements might be needed.

6. How often do you (or your child) drink soft drinks, fruit drinks, fruitades, etc?

Answer: _____

DOCTOR SAYS: Milk is a better drink choice. If you drink a lot of soft drinks and fruit juices and/or fruit drinks instead of milk, you might not be getting enough calcium or other important nutrients.

7. How many times a week do you (or your child) participate in vigorous physical activity?

Answer: _____

DOCTOR SAYS: Physical activity, mostly weight-bearing exercise (such as running or playing basketball), is encouraged as part of an overall healthy bone program. Be physically active most days of the week.

8. Have you (or has your child) had any bone fractures?

Answer: _____

9. Is there a family history of osteoporosis?

Answer: _____

DOCTOR SAYS: A family history of bone fractures or osteoporosis means it's even MORE important to get the right amount of calcium to improve bone health.

BE A ROLE MODEL AND ENJOY DAIRY WITH YOUR FAMILY (ONE SERVING* EQUALS):



8 ounces (1cup) milk
*For ages 4 and older



1 to 1 1/2 ounces of cheese



6 or 8 ounce container of yogurt



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Visit 3aday.org to sign up to be a 3-A-Day™ of Dairy Mom. As a 3-A-Day Mom, you'll receive delicious recipes the family will love, exclusive member-only offers and great advice from other moms.