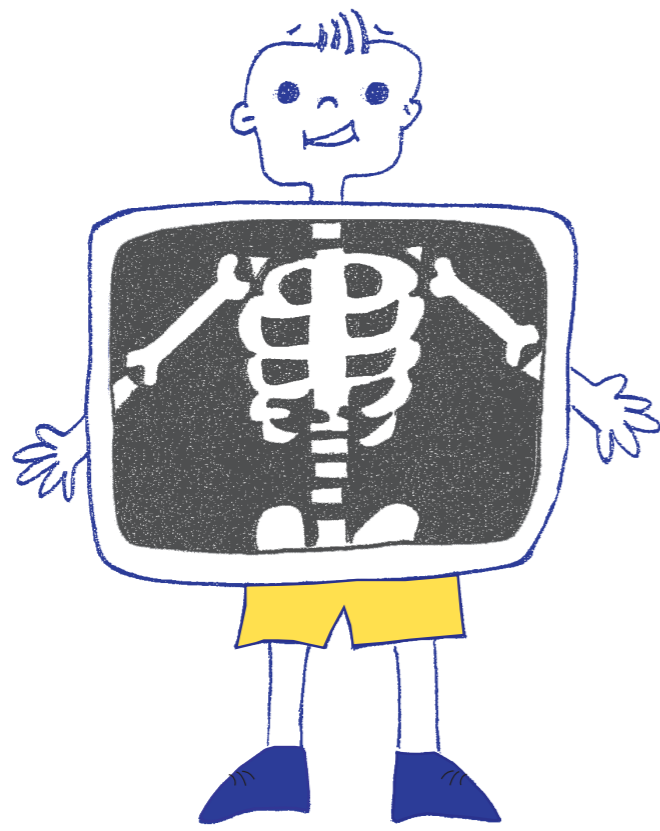


get the conversation started card



got BONES?

All children need strong healthy bones

Risk factors for poor bone health:

- Limited dairy foods or calcium in diet
- Low Vitamin D levels
- Inactive lifestyle
- Not being able to stand or walk
- Little sun exposure or outside play
- Taking seizure medications or steroids
- Chronic conditions such as kidney disease, celiac disease, or poor absorption of nutrients
- Living in northern states (such as Utah, Idaho, Wyoming, Montana)

Talk to your health care provider
about your child's bone health

All children need:

Calcium: Young children need 2-3 servings and teenagers need 4 servings of calcium every day. Talk to your healthcare provider about your child's diet. Ask if your child should take a calcium supplement.

Food sources include:

- Dairy foods such as milk, yogurt, and cheese
- Foods fortified with calcium (some soy milk, orange juice, cereals)
- Most fish and seafood
- Some leafy green vegetables
- Nuts such as almonds, cashews, and peanuts

Vitamin D: Everyone needs this vitamin for strong bones and muscles. All babies under 1 year of age need 400 units of Vitamin D every day from food sources, formula, or supplements. Children over 1 year need at least 600 units every day. Ask your healthcare provider if your child needs their Vitamin D level checked.

Food sources include:

- Vitamin D fortified milk
- Some fish and seafood

Exercise:

- 60 minutes every day

Websites with more information:

www.aap.org/healthtopics/vitamind.cfm

www.aap.org/healthtopics/calcium.cfm

www.ods.od.nih.gov/factsheets