Seven Great Bone Builders

1. Do Weight Bearing Exercises
   EXAMPLES:
   jogging, walking, aerobics, jump roping, & weight lifting

2. Eat Calcium-Rich Foods (3-4 servings every day)
   EXAMPLES:

<table>
<thead>
<tr>
<th>All milk products*</th>
<th>Other foods</th>
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<tbody>
<tr>
<td>High Calcium:</td>
<td>calcium fortified orange juice</td>
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<tr>
<td>1% (or less) milk</td>
<td>calcium fortified tofu, soy milk, or rice milk</td>
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<tr>
<td>low fat cheese</td>
<td>canned sardines and salmon (with bones)</td>
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<td>low fat yogurt</td>
<td>dark green veggies (broccoli, collard greens, kale)</td>
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<td></td>
<td>calcium fortified breakfast cereals (Total, Basic 4, Just Right, Special K, and others)</td>
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<tr>
<td>Medium Calcium:</td>
<td>calcium fortified breakfast cereals (NutriGrain) and sports bars (Cliff bars, Luna bars, Power bars, etc.)</td>
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<td>low fat ice cream</td>
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<td>low fat pudding</td>
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* If cow’s milk causes bloating, cramping, or diarrhea, you may be intolerant to lactose (i.e. milk sugar).
⇒ In this case, try “Lactaid” milk, yogurt, or cheese. These are usually tolerated better by people with lactose intolerance.
⇒ Alternatively, try drinking/eating smaller quantities of milk products at one time (no more than 1/2 cup to 1 cup of milk per meal) and monitor your tolerance.

3. Don’t Smoke.

4. Go Easy on Caffeinated Beverages.
   EXAMPLES: coffee, tea, soda, power drinks with caffeine.

5. Get Enough Vitamin D
   HOW? Get out in the sunshine (5 to 15 minutes/day on average depending on your skin’s pigment) and drink vitamin D fortified milk, OR take a 400 IU supplement*. 

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6. **Minimize Consumption of Beverages High in Phosphoric Acid**

**Examples:** colas (Pepsi, Coke, etc.)

7. **Consider a Calcium Supplement**

**Who?** People unable to meet the recommended dietary intake (RDA) with food alone.

**What Are the RDAs?**

- Adolescents 9-18 years old: 1300 mg
- Adults 19-50 years old: 1000 mg
- Adults over 50 years: 1200 mg
- Women who are not menstruating: 1500 mg

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**Tips for Choosing and Taking a Supplement**

- Avoid supplements with bone meal, dolomite, or oyster shell. These may be contaminated with toxic substances such as lead, mercury, and arsenic.
- Look for a supplement with calcium carbonate (such as Tums 500 Calcium or Nature Made Calcium). These are usually less expensive.
- Look for a “USP” designation on the label. This signals that the supplement has met certain standards set forth by the U.S. Pharmacopeia.
- In calculating your supplement needs, don’t forget to allow for the calcium in your food. A supplement providing 500 mg of calcium is most likely adequate.
- Take the supplement with meals to enhance absorbability. (NOTE: Those with calcium citrate or calcium lactate can be taken between meals).
- For optimal absorption don’t take more than 500 mg at one time.
- Vitamin C enhances absorption, so take your supplement with a few ounces of orange juice or another food item high in vitamin C.

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