

The bare bone facts

Healthy Bones, Healthy Bodies

Calcium is a major building block for healthy bones and teeth!

How to help grow strong bones!



Calcium is required for the normal development and maintenance of bones and teeth.

Childhood and adolescence is an important time to build your bone mineral density (bone mass). By your 20's, your bones will reach their peak bone mass density and be as strong as they can ever be.

TO HELP BUILD THE HIGHEST PEAK BONE MASS, ENSURE YOU INCLUDE CALCIUM RICH FOODS AND REGULAR ACTIVITY.



99% OF YOUR CALCIUM IS STORED IN YOUR BONES!



MILK & DAIRY are not only bursting with calcium, they are also some of the richest sources.¹

The calcium in dairy products such as milk, cheese and yoghurt is easily absorbed by the body.

Aim to include **2-3 servings of dairy**³ each day to help boost your calcium intake



2 Weet-Bix™ wheat biscuits & milk has ~166mg of calcium plus it contains fibre!

DID YOU KNOW growing kids need between 700-1300mg of calcium every day depending on their age.¹

I LIKE TO MOVE IT MOVE IT!



Physical activity can help strengthen bones and muscles. Aim for at least 1 hour of moderate to vigorous physical activity each day* to keep your bodies strong!

There are lots of ways you can stay active throughout the day with your whānau and friends. Run, skip, hop, cycle, dance, jump and more each day to help keep your bodies strong.



Calcium-rich breakfast ideas.



250ml of fresh cows milk contains at least 360mg of calcium¹

250ml of soy-based calcium fortified alternatives contains ~286mg of calcium¹



100g of yoghurt contains ~130mg of calcium¹

40g serving of edam cheese (2 slices) contains ~375mg of calcium¹



1 slice of wholegrain bread – 33mg¹



Homemade fruit smoothie: add your favourite fruit to 1 cup of milk and 1/2 cup of yoghurt. This contains at least 522mg¹



1 orange contains ~35mg of calcium²

For a quick 'grab n go' option, add a handful of almonds alongside a piece of fruit, sandwich or scroggin mix. 10 almonds contains ~30mg of calcium¹



References and to find out more information about calcium and bone health visit:

- <https://nutritionfoundation.org.nz/nutrition-facts/minerals/calcium>
- <https://www.healthyfood.co.nz/resource/calcium-calculator>
- <https://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-children-and-young-people-aged-2-18-years-background-paper>

* <https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity/how-much-activity-recommended>