

Bone Breaking News



It is predicted that by the year 2020 in the United States one in two people will be at risk for fracture due to osteoporosis or low bone mass if they don't take action NOW. There is no reason to think there is any difference in Canada. One in two... if that were the odds in a lottery we'd all take notice.

Bones are Important Now Not Later

Think of your body having a bone bank with your bones as a lifetime holding bank account for calcium. Our bodies make deposits and withdrawals from our bones all the time. If the body doesn't get the calcium it needs from the foods we eat, it withdraws calcium from our bones. That is because we need calcium for important things like muscle contractions, heart beats and nerve impulses.

The teen years provide the biggest window of opportunity in our lives when we are able to deposit more than we take out. Most of these deposits happen before we are 16 years old. In fact, 95 per cent is deposited by this age in girls and a bit later in boys. After age 30, we stop depositing and adding new bone and begin maintaining the bone mass established. Those investments to the bone bank during the teen years ensure we have strong bones for life and reduce the risk of osteoporosis.

Teens can easily get enough calcium, not to mention five other bone building nutrients, to invest into their bone banks by having 3 - 4 servings of milk products a day.

Bone Investments are Maximized with Exercise

When we do weight bearing activities like walking or jogging, we are putting stress on the bones. This signals the brain that the bones need to be stronger. If we don't give our bones the opportunity to get stronger through activity, then bones will never reach their full potential.

Osteoporosis is a disease that develops when we are young but doesn't show up until we are older. It makes good sense to begin prevention when we're young by including a healthy diet with enough calcium and plenty of weight bearing exercise.

Need more information on milk and other dairy products?

Contact a registered nutritionist at Alberta Milk, toll-free 1-800-252-7530 or in Edmonton area 453-5942.

www.albertamilk.com