



Healthy Bones Action Week

Information for Families



It's time to wake up your bones, Healthy Bones Action Week is here!

The Healthy Bones Action Week starts on the first Sunday in August and runs for one week. The aim is to encourage all Australians to build strong bones by getting enough calcium, exercise and Vitamin D.

The biggest opportunity to build strong bones is in childhood, when children are still developing their bone mass. This is why it is extremely important for children to eat a calcium rich diet and the best way to teach and encourage young children in adopting good lifestyle habits is to be a role model. So lets take a look at the best ways to build strong bones!



Ensuring we get enough calcium

It is important we are offering children enough calcium-containing foods on a daily basis to ensure calcium needs are being met. Calcium is not only needed for strong bones, but it is also needed for your heart, muscles and nerves to function properly and for your blood to clot normally. Not having enough calcium in the diet can lead to osteoporosis later in life. Dairy products are an excellent source of calcium.

How many serves of dairy are recommended?

Age Group	Serves /day
Children 2-8 years	1½ - 2
Adolescents	3½
Adults 19-50 years	2½

What's a serve?

- 1 cup of milk (250mLs)
- 3/4 cup of yoghurt (200g)
- 2 slices of cheddar cheese (40g)
- 1/2 cup ricotta cheese (120g)



Other sources of calcium:

Lactose intolerant? No problem! These foods also contain calcium: salmon with bones, trail mix of nuts, baked beans, cottage cheese, ice berg lettuce, green peas, almonds, calcium enriched soy milk and tofu, dark green leafy vegetables and sesame seeds.



Healthy Bones Action Week

Information for Families



Confused about 'full-cream' versus 'reduced-fat' dairy?

The 2013 Australian Dietary Guidelines uses the best available scientific evidence and recommends:

Children over 2 years: are served 'reduced-fat' varieties of dairy where possible. Reduced-fat varieties contain similar levels of calcium and protein but contain less saturated fat and are less energy dense. Children over 2 years are eating a broader range of food that contributes to the overall fat and kilojoule intake and as such do not need this from dairy.

Children 12 months - 2 years: Milk is a major source of energy for children under 2 years of age and therefore reduced-fat varieties are not encouraged for this age group. Full-cream milk should be served to children under 2 as they are in a rapid period of growth and require the high energy and nutrients of full cream dairy.

Useful websites

www.nshealthpromotion.com.au

www.healthykids.nsw.gov.au

www.eatforhealth.gov.au

Zucchini Slice Recipe

Slices make great snacks as they keep well and can be eaten cold. They can also double up as a healthy party food option. This is a simple recipe containing calcium-rich ingredients that your child could easily help you cook.

10 minutes preparation + 30 minutes cooking time

Ingredients (Serves 4-6)

2-3 medium zucchini (washed and coarsely grated)
1 cup carrot (grated)
1 onion (chopped)
150gm (3 slices) lean ham (lean bacon can also be used)
1 cup reduced fat grated cheese
1 cup wholemeal self-raising flour
6 eggs (beaten)



Method

1. Mix together zucchini, and carrot. Add chopped onion, ham, cheese, flour and eggs and combine.
2. Pour into a greased baking dish
3. Bake in a moderate oven 180°C for 30 – 40 minutes or until golden brown.
4. Serve with a salad or steamed carrots and broccoli.