

# A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

## Bone Bounce Blitz

This month, students are learning about bone health through a campaign called Bone Bounce Blitz. Here is a summary of the learnings.

Building and maintaining healthy bones should continue throughout a person's life. Bones play many important roles in the body: support, protect organs, help muscles work, and store calcium.<sup>1</sup>



Building better bone health is not just about the foods we eat. Adding weight-bearing exercises that involve jumping and running helps build strong bones.<sup>3</sup>

### Where can I find calcium?

There are plenty of options that contain bone building nutrients:

- Dairy products like milk, yogurt, and cheese
- Dairy substitutes like soy or almond milk
- Vegetables like raw cabbage, cooked spinach, rhubarb, kale, white beans, bok choy, broccoli, pinto beans, red beans
- Sardines

Age	Calcium (mg/day)	Upper Limit (mg/day)
4-8 years	1000	2500
9-18 years	1300	3000
19-50 years	1000	2500

### What else keeps my bones healthy?

**Vitamin D** is needed for your body to absorb the calcium you eat. That's why vitamin D is added to milk and other dairy products, but it is also made in your body when you are in the sun. Spending time outside can help keep your bones strong!<sup>2</sup>

Age	Vitamin D (IU/day)	Upper Limit (IU/day)
4-8 years	600	3000
9-18 years	600	4000
19-50 years	600	4000

Reference:

<sup>1</sup> <http://www.albertahealthservices.ca/>

<sup>2</sup> School Milk Foundation of NFL and Labrador

<sup>3</sup> Petit MA, McKay HA, MacKelvie KJ, Heinonen A, Khan KM, Beck TJ. 2002.

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