**PA Announcements

All Schools:
Do you want strong bones? Everyone does, right?** To get the strongest bones possible, always remember to include three servings of low-fat or fat-free milk, cheese or yogurt which are packed with the bone-building nutrients calcium and vitamin D, as part of your daily diet!

**Build a Healthy Skeleton:
PA Announcements**

**Did you know…**The *U.S. Surgeon General’s Report on Bone Health and Osteoporosis* recognizes the role of nutrients in milk and milk products, including calcium, magnesium, phosphorus, potassium, protein and vitamin D, which work together to help protect bones. Remember to eat three servings of dairy every day![[1]](#footnote-1)

**Get moving!** Are you active for at least 60 minutes a day? You should be if you want to keep your bones strong and healthy. In addition to eating three servings of low-fat or fat-free milk, cheese and yogurt with bone-building nutrients, remember to get moving to help your bones stay strong for life![[2]](#footnote-2)

**What you eat now may affect your bones when you’re an adult!** It sounds crazy but it’s true. When you are young, bones act as calcium savings accounts, just like a bank! The more you put in it by eating calcium-rich foods like milk, cheese and yogurt, the stronger your bones will be when you’re older. So make sure your calcium savings account is full by continuing to eat three servings of low-fat or fat-free milk, cheese or yogurt every day![[3]](#footnote-3)

**Menu Blurbs

Want your kids to have strong bones?** Three servings of milk and milk products each day in a healthy diet help reduce the risk of osteoporosis. Remember to choose low-fat and fat-free options.[[4]](#footnote-4)

**Build a Healthy Skeleton:
Menu Blurbs**

**Listen to the experts!** In 2004, the U.S. Surgeon General called for all Americans to take action to improve and maintain healthy bones, urging people of all ages to meet daily recommendations for calcium and vitamin D with three glasses of low-fat or fat-free milk each day. [[5]](#footnote-5)

**Enjoy nutrient-dense dairy foods now to keep your bones strong for life!** Make sure to consume three servings of low-fat or fat-free dairy every day to build strong bones and healthy teeth to last a lifetime.

**Get moving** for at least 60 minutes a day to keep your bones strong and healthy![[6]](#footnote-6)

1. Miller, G.D., J.K. Jarvis, and L.D. McBean. Handbook of Dairy Foods and Nutrition. Boca Raton, FL: CRC Press, 3rd edition. 2007, pp. 181-244. [↑](#footnote-ref-1)
2. Physical Activity and Public Health: Updated Recommendation for Adults From the American College of Sports Medicine and the American Heart Association. Circulation. 2007; 116:1081-1093. [↑](#footnote-ref-2)
3. Miller, G.D., J.K. Jarvis, and L.D. McBean. Handbook of Dairy Foods and Nutrition. Boca Raton, FL: CRC Press, 3rd edition. 2007, pp. 181-244. [↑](#footnote-ref-3)
4. Miller, G.D., J.K. Jarvis, and L.D. McBean. Handbook of Dairy Foods and Nutrition. Boca Raton, FL: CRC Press, 3rd edition. 2007, pp. 181-244. [↑](#footnote-ref-4)
5. Miller, G.D., J.K. Jarvis, and L.D. McBean. Handbook of Dairy Foods and Nutrition. Boca Raton, FL: CRC Press, 3rd edition. 2007, pp. 181-244. [↑](#footnote-ref-5)
6. Physical Activity and Public Health: Updated Recommendation for Adults From the American College of Sports Medicine and the American Heart Association. Circulation. 2007; 116:1081-1093. [↑](#footnote-ref-6)