

Eat.Right.Now.

Nutrition Education for a Healthier Future



Calcium and Vitamin D: a Tag Team for Healthy Bones!

Ask your Nutrition Educator to introduce you to one of our services below:

- ~ Cooking Clubs ~ Boys' Clubs ~ Newsletters
- ~ Health Fairs ~ Girls' Clubs ~ Career Fairs

Tasty Topics:

We all need calcium for healthy bones and teeth. Until age 30, we have the chance to stockpile bone mass by consuming calcium-rich foods and drinks. As we get older, consuming foods high in calcium is necessary to keep diseases like osteoporosis at bay. Good sources of calcium are dairy products, leafy greens, legumes (beans), and almonds.

All this calcium would be useless without its partner-in-health: Vitamin D. Vitamin D is needed for the body to absorb calcium. Called the “sunshine vitamin,” the body makes Vitamin D when skin is exposed to sunlight. It doesn't take much, just 10-15 minutes of sun exposure 3 times a week. However, the darker our skin, the more sun exposure we need. In the winter months, we are more likely to cover-up, and not get enough sun exposure. That said, it is important to consume foods and drinks rich in Vitamin D. These include salmon, shrimp, vitamin D-fortified milk, and eggs. When all's said and done, for the best bone health, we need to focus on a well-balanced diet, rich in both calcium and Vitamin D!

Laugh Out Loud (LOL)

Q: What kind of milk comes from a forgetful cow?

A: Milk of Amnesia

Q: Why did the cow jump over the moon?

A: To get to the Milky Way!

Q: How do you make a milkshake?

A: Give a cow a pogo stick.

Monthly Mentions

- **Live Connections:** World Café Live in University City: **Special Bridge Sessions with the Philadelphia Orchestra School Partnership Program.** These sessions feature LiveConnections and Orchestra teaching artists in explorations of the links between classical music and genres from Jazz to Latin. **Appropriate for Grades 2-Adult.** For more information, please contact Tamar Lelkes, School and Community Partnership Coordinator, at tamar.lelkes@gmail.com or 267-250-0508.
- **Nutrition Tip:** Keep all of your 206 bones healthy and strong by drinking milk or fortified soy milk.
- **Fruit & Vegetable:** For cabbage and tangerine recipes, visit our website: <http://www.drexel.edu/nutritioneducation/>.
- **Now In Season:** Bananas, oranges, honeydew melons, asparagus, broccoli, cauliflower, mushrooms, spinach and zucchini.



Nutrition Education in Action

Students at Harrison Elementary School prepare for their Fruit Market.

Questions or Comments?
Email: nutritioncenter@drexel.edu
EAT.RIGHT.NOW.
Nutrition Education Program
Drexel University
Or call us at: 215.895.2422



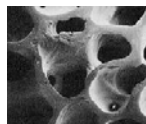
No Bones About It... Calcium Counts Worksheet

Complete each sentence with the correct word from the Word Bank (below).

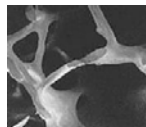
Word bank: *swimming, unhealthy, calcium, running, lactose, healthy, three*

1. _____ is the name of the natural sugar found in milk that some people have a hard time digesting.
2. Humans need to eat foods rich in _____ so that they will have strong teeth and bones.
3. A middle school student should have at least ____ servings of calcium-rich food each day.
4. _____ is an example of a weight-bearing activity, which helps build our bones.
5. _____ is not an example of a weight-bearing activity. This does not help build bones in our body.

6. This is an example of _____ bone.



7. This is an example of _____ bone.



Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.