

The last thing  
on their minds is  
**osteoporosis.**

Did you know that if your kids eat three servings of dairy a day, it can help reduce their risk of osteoporosis\* years from now? That's because dairy foods supply key nutrients necessary for better bone health.

The U.S. Surgeon General's report on Bone Health and Osteoporosis recognizes the role of nutrients in dairy foods, including calcium, magnesium, phosphorus, potassium, protein, and vitamin D, that work together to help protect bones.

In fact, a report from the American Academy of Pediatrics states that eating calcium-rich foods such as milk, cheese and yogurt during childhood and adolescence will help build strong bones which may reduce the risk of fractures and osteoporosis later in life.

So it should be the first thing on yours.



It's easy—just make sure your family gets three servings of low-fat or fat-free milk, cheese or yogurt every day, as recommended by the U.S. Dietary Guidelines for Americans. Check out MyPyramid.gov to learn more. Best of all, your family will get all this good stuff that also tastes delicious.

And it's never too late to take care of your own bone health too. Adults can help protect their bones by getting 3-A-Day™ of Dairy and participating in weight-bearing exercise. So take care of yourself and set a good example for your kids at the same time. To learn more and view the reports, visit 3aday.org. Sponsored by the National Dairy Council and supported by leading health professional organizations.

\*A disease in which bones become weak and more likely to break.

© 2007 America's Dairy Farmers. The 3-A-Day™ of Dairy logo is a mark owned by Dairy Management Inc.™



2007N-0277



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

American Dietetic Association  
Your weight. Your health. Your best. In nutrition and health.™



HAVE YOU HAD



YOUR 3 TODAY?

3aday.org

TS 16