

Health Hints

Bone-Strengthening Tips For The Whole Family

(NAPSA)—According to a recent Surgeon General report, 44 million Americans have, or are at risk for developing, the bone-weakening disease osteoporosis.

While people over 50 and especially women are more susceptible to developing osteoporosis, the disease can affect anyone at any age.

The National Osteoporosis Foundation states that one of the best defenses against osteoporosis is to build the strongest bones possible during childhood and adolescence. It is never too early—or too late—to be good to your bones.

The following tips can help the whole family develop and maintain healthy, strong bones.

Pass the Milk—Calcium is the foundation for strong bones. For most people, the USDA Dietary Guidelines recommend consuming between three and four servings of dairy each day.

- Since just eight ounces of milk equals one serving of dairy, encourage school-age children to drink a carton of low-fat milk during lunch.

- When cooking at home, substitute the same amount of Carnation Evaporated Milk in recipes that call for regular milk. It will make dishes richer and creamier while providing twice the amount of calcium per serving.

Get Your Vitamins—Vitamin D, in particular, is essential in the process of calcium absorption. Without it, bone density may decrease.

- Many of the foods eaten every day are an excellent source of vitamin D. Look for products



Using evaporated milk provides twice the calcium per serving.

that state they are fortified with vitamin D, such as orange juice, cereals or breakfast bars. It can be an effortless way for the whole family to increase vitamin D intake.

- The skin generates its own vitamin D following direct exposure to sunlight. Most people already get the recommended five to 15 minutes of sun two to three times a week, but for those who spend more time indoors, such as the elderly, this is a valuable reminder.

Exercise—Along with good nutrition, both weight-bearing and resistance exercise is integral to strengthening bones.

- Weight-bearing exercises are activities where the feet and legs bear the body's weight, such as jogging and walking. For adults, it

is as easy as taking the stairs instead of the elevator.

- Resistance exercises are activities that use muscular strength, such as weight lifting. Teach kids that building strong bones can be as simple as helping mom carry the groceries.

Get started on protecting your bones with this calcium-rich, quick and easy recipe that will please the whole family.

Pumpkin Pie Smoothie

Ingredients:

- 1 can (15 oz.) Libby's 100 percent Pure Pumpkin, chilled
- 1 can (12 fl. oz.) Fat-Free or Lowfat 2 percent Carnation Evaporated Milk, chilled
- 1 container (6 oz.) light or nonfat vanilla yogurt
- $\frac{1}{4}$ cup granulated sugar
- $\frac{1}{4}$ teaspoon pumpkin pie spice
- Light whipping cream, whipped to soft peaks (optional)

Combine pumpkin, evaporated milk, yogurt, sugar and pumpkin pie spice in blender; cover. Blend until mixture is smooth.

Top with whipped cream; sprinkle with additional pumpkin pie spice (optional).

For more calcium-rich recipes and information on fighting osteoporosis, or to have a donation made to the National Osteoporosis Foundation on your behalf, visit VeryBestBaking.com/PourItIn.