

# Total Nutrition

## Quick Quiz: Test Your Bone IQ

by *Mindy Hermann, R.D.*

(NAPSA)—A few years ago, my mother took a tumble down a flight of stairs. What could have been a tragic accident ended up with nothing more than a bruised wrist and a dent in the wall. Clearly, my mom's lifetime dedication to dairy products paid off. Are you taking as good care of your bones? Take this short quiz to find out.



**Mindy Hermann**

**1. My daily diet includes \_\_\_\_ servings of dairy foods like milk and yogurt.**

The 2005 Dietary Guidelines for Americans suggest two to three servings each day of fat-free and

low-fat choices.

**2. Calcium can be found in nondairy foods, too. True or false?**

True, but you have to choose foods wisely since only a few nondairy foods are high in calcium. Fortified breakfast cereals are a good source. In fact, one serving of Whole Grain Total®, Total® Raisin Bran, Total® Honey Clusters® or Total® Cranberry Crunch provides 100 percent of the daily recommended value for calcium. Other sources include fortified soy milk and orange juice, canned sardines and salmon, tofu (soybean curd) and cooked greens.

**3. Calcium is the only nutrient that my bones need. True or false?**

False. Bones need additional nutrients such as protein and the minerals phosphorus, magnesium and potassium. They also require

vitamin D, which helps the body absorb calcium from the foods we eat and balances calcium and phosphorus in the blood and bone. The body manufactures vitamin D from sunlight; we also get vitamin D from a limited number of foods, including cooked salmon and other oily fish, vitamin D-fortified milk (and some brands of yogurt), and vitamin D-fortified cereals such as Total®.

**4. Another way to take care of my bones is \_\_\_\_.**

"Physical movement builds stronger bones," says JoAnn Hattner, R.D., a nutritionist with the Stanford University Medical Center. "In particular, bones benefit from activities where the legs support the weight of the body against gravity; for example, walking, hiking, stair-climbing and dancing."

**5. The best time to start taking good care of bones is \_\_\_\_.**

Now. The 2004 Surgeon General's Report on Bone Health and Osteoporosis states that you are never too old to improve your bone health by getting enough calcium and vitamin D; being physically active; reducing hazards in your home that could increase your risk of falling and breaking bones; talking with your doctor about medicines you are taking that could weaken bones; maintaining a healthy weight; avoiding smoking; and limiting alcohol use.

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