



# NEWS PARENTS CAN USE

## Session 2

## Building Better Bones

## Yogurt Parfait

### Yummy, Yummy Calcium

Yogurt Parfaits was today's recipe in the *Nutrition In Me!* lesson. Made with low fat vanilla yogurt, it's a real bone-booster and easy to make!



### Yogurt Parfait

1 serving.

- ½ cup – 1 cup low fat vanilla yogurt
- ¼ cup – ½ cup frozen berries or chopped fresh fruit
- 1 – 2 TBSP low fat granola cereal

#### Directions

1. Scoop ½ the amount of low fat yogurt in a cup.
2. Add ½ the amount of fruit on top of the yogurt.
3. Sprinkle low fat granola cereal on top of the fruit.
4. Repeat the layers.

**Did you know...**calcium is used for many things in your body. If you don't eat enough calcium each day, your body pulls it out of your bones. This weakens your bones.



### How to Build Better Bones

**Did you know** that everyone aged 9 and older needs three cups of milk or yogurt every day? Foods from the Dairy Group of MyPlate are important because they provide calcium needed for growing bones. Getting plenty of calcium during childhood helps prevent broken bones now and osteoporosis later in life. Recently, studies show calcium helps prevent colon cancer and may help with weight loss. It also helps keep the heart healthy—so adults need plenty too!

**Milk, yogurt and cheese** are easy ways for your child to get calcium. Be sure that soft drinks and juice drinks do not replace the calcium-rich milk your child needs. Choose nonfat or low fat milk and yogurt often. If your child doesn't eat dairy foods, then be sure he or she gets several servings per day of other calcium-rich foods such as calcium-fortified orange juice, calcium-fortified soy milk, dark leafy greens like kale, or tofu or dried beans like kidney beans.

## Activity Makes Bones Stronger

Physical activity helps make bones stronger. Any “weight-bearing” activity such as walking, running, jumping and playing causes the muscles and tendons to pull a little on the bones as they work against gravity. This makes the body store extra calcium in the bones, making them stronger. Swimming is a good activity for your heart, but it doesn’t make bones stronger because the water is supporting your weight. It’s important to be active at least 30-60 minutes every day not only for bone health, but also for heart health and weight control.



### Just Do It!

On your next trip to the grocery store, let your child choose a high-calcium snack. Maybe a new flavor of yogurt or some string cheese.

Make yogurt popsicles with your kids. Just place a stick or straw in a cup of yogurt and freeze.

## Parent's Corner

Does your child complain about drinking milk or eating other healthy foods? One way to get your child to eat well, is to eat together. When families eat together, a picky eater sees others enjoying food and wants to join in. Aim to eat at least three meals a week together. Be a good role model and eat healthy foods in front of your child.

### Families On The Move!

Would you like to have a better relationship with your children? And get healthier at the same time? Then play together!

Parents are often too busy being grown-ups to stop and play, but it’s during those fun times when we do that relationships flourish and memories are made. What are some of your favorite childhood memories? Are they of the chores you did or the TV you watched? Probably not. Your favorite memories are probably about times when family and friends enjoyed each other, played, laughed and had fun together. Maybe you’d like to make a point of taking the time to play with your children at least two or three times a week. You’ll get closer, have fun and be healthier!

G. Alleman, MS, RD 2005- updated 2014

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Evenson at 345 6<sup>th</sup> St, Suite 550, Bremerton WA 98337- (360)-337-7157 #6264, [jlevenson@wsu.edu](mailto:jlevenson@wsu.edu) at least two weeks prior to the event