



Amoozing Bone Building Nutrients

Why is Bone Health Important?

Your bones protect your internal organs and provide support for your muscles!



Eating a diet rich in fruits, vegetables, whole grains, poultry, fish, nuts, legumes, & dairy + weight-bearing & strength exercise can help to strengthen bones!

Essential nutrients help to keep our bones healthy and strong.

Calcium is a principal mineral, an essential nutrient, and is found in items like spinach, almonds, & whole wheat bread!

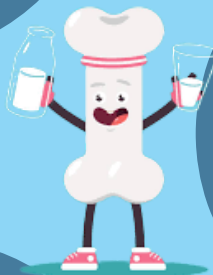
Potassium, another essential nutrient, helps to prevent bone loss!



Vitamin A is a fat-soluble vitamin that also helps build healthy bones.

Vitamin B12 helps protect against osteoporosis.

Vitamin D is in foods like salmon & egg yolks and is also produced in the body when exposed to sunlight.



Some other nutrients that aid in bone health are phosphorus, calcium, zinc, and protein. Phosphorus and calcium work together to build strong bones, zinc works to strengthen bones, and protein helps increase bone density.

**All of these essential nutrients are found in... you guessed it...
Milk!**



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Mootritious Recipes!

Chocolate Granola Bark Bar

Ingredients

- 2 cups Greek Yogurt
- 1/4 cup 2% Milk
- 2 tbsp Honey
- 1 tsp Vanilla
- 1 cup Granola divided
- 1/2 cup Semi-Sweet Chocolate Chips divided

Instructions

- Stir together yogurt, milk, honey and vanilla; stir in 3/4 cup granola and 1/3 cup chocolate chips. Spread onto even layer on parchment paper-lined baking tray.
- Sprinkle with remaining granola and chocolate chips; freeze for about 4 hours or until very firm. Using tip of large knife, break into shards. Serve immediately or store in airtight container in freezer.



Pizza Muffins

Ingredients

- 2 1/2 cups All-Purpose Flour
- 2 tsp Baking Powder
- 1 tsp Baking Soda
- 1/2 tsp of Salt and Pepper
- 1 1/4 cups Buttermilk
- 1/2 cup Vegetable Oil
- 2 Eggs
- 1 tbsp Dried Oregano
- 1 cup Shredded Cheddar Cheese
- 1/2 cup Shredded Monterey Jack Cheese
- 1/2 cup Shredded Pepper Jack Cheese
- 1/2 cup Chopped Pepperoni
- 1/4 cup Finely Chopped Sun-Dried Tomatoes
- 1/4 cup Finely Chopped Green Onions

Instructions

- Preheat oven to 350°F. Line 12-cup muffin tin with large paper liners.
- In large bowl, whisk together flour, baking powder, baking soda, salt and pepper. In separate bowl, whisk together buttermilk, oil, eggs and oregano; stir into flour mixture just until combined.
- Add Cheddar, Monterey Jack, pepper Jack, pepperoni, sun-dried tomatoes and green onions to batter, stirring just until evenly distributed (do not overmix). Spoon into prepared muffin cups.
- Bake for 22 to 25 minutes or until golden brown and top of muffin springs back when lightly touched. Let cool in pan on rack for 5 minutes. Turn out onto rack. Serve warm or let cool completely.



Orange Pineapple Smoothie

Ingredients

- 12 oz orange juice
- 1/2 cup pineapple chunks
- 1 1/4 cups vanilla yogurt

Instructions

- Combine orange juice, pineapple chunks (drained, if canned) and yogurt in a blender.
- Blend on high speed until frothy, approximately 2-3 minutes.
- Serve immediately and enjoy!



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