

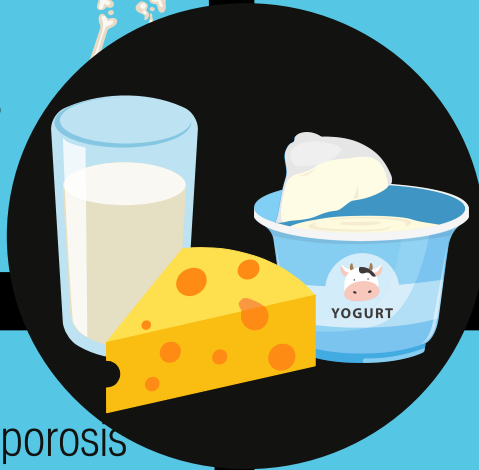
No Bones About it!

Up your game with these easy tips regarding bone health!

Real milk, yogurt, and cheese are packed with protein, calcium, and phosphorus, which support building and maintaining strong bones and teeth.



Real milk also packs an extra punch with Vitamin D too!



Watch out for these risk factors of osteoporosis:

- Family history
- Diet lacking in calcium and vitamin D
- Lack of regular physical activity
- Smoking
- Excessive alcohol intake



The National Osteoporosis Foundation recommends people at average risk get a DEXA bone density test starting at ages 65 (women) and 70 (men).

If one or more family members have had osteoporosis or more than one fracture, you could be at a higher risk for bone loss.

If you have lactose intolerance, enjoy these dairy products to help achieve stronger bones:

- Lactose-free milk
- Hard cheeses
- Yogurts with live and active cultures

