

CATCH Kids Club Family Tip Sheet: BONE HEALTH

Your bones may seem hard and indestructible. But to function at their best you need to take care of them. What can you and your family do?



1. Do physical activities, sports, and games that involve jumping. That's because you put the most weight, or impact, on your bones when you jump. What activities can *you* do to put impact on your bones? On the lines below, each family member should write their initials and an activity they intend to do.

2. Eat plenty of foods that contain calcium, an important mineral. Look at this chart of the recommended daily amounts of calcium for people in different age groups. (mg = milligrams) How much should each of your family members get?

Milk and dairy foods like cheese and yogurt are great sources of calcium.

Some non-dairy foods are also calcium-rich. (That's good news for people who have problems digesting milk and dairy foods!) Here are some of them:

- Calcium-fortified orange juice, soymilk, rice milk, cereals, and breads
- Dark-green leafy vegetables
- Corn tortillas
- Broccoli
- Almonds
- Beans

Birth to 6 months	200 mg
Infants 7–12 months	260 mg
Children 1–3 years	700 mg
Children 4–8 years	1,000 mg
Children 9–18 years	1,300 mg
Adults 19–50 years	1,000 mg

Some people think they'll gain weight if they eat calcium-rich foods. That won't happen if you eat mostly calcium-rich foods that *aren't* rich in fat—such as these:

- Non-fat (or low-fat) milk and dairy foods
- Spinach
- Broccoli

Check out the GO column of the charts on the next page. They're low-fat or no-fat.

To see how many grams of fat a calcium-rich food contains, check the Nutrition Facts on the container. To keep your body in energy balance, eat mostly calcium-rich foods with fewer grams of fat. (Your body is in energy balance when it burns about the same number of calories you eat.)

3. Be sure to get enough vitamin D. Your body needs vitamin D to absorb the calcium in foods. Vitamin D is found in only a few foods, such as salmon and egg yolks. It's also added to milk. You can also get vitamin D by spending time in sunshine.

Family Tip Sheet: Bone Health

Instructions to the family: Look through these **CALCIUM-RICH FOODS**. Circle all the foods that anyone in your family has had before. Next, each person should write their initials beside at least 2 GO or SLOW foods (in either chart) they've never had before but are going to try soon. Then be sure to follow through and do it.

(Note: ** = Excellent source of calcium)

Milk and Dairy Foods

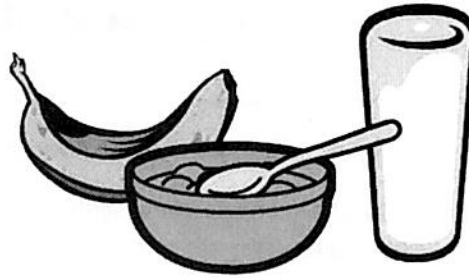
GO	SLOW	WHOA
Fat-free, skim, or non-fat milk**	Reduced-fat or 2% milk**	Whole milk**
Low-fat or 1% milk**	Fat-free or 1% flavored milk**	Whole or 2% flavored milk**
Part-skim natural cheese (like part-skim mozzarella)**	Natural cheese (like cheddar or Swiss)**	Processed cheese (like American)**
Low-fat or 1% cottage cheese	Reduced-fat or 2% cottage cheese	Whole-milk cottage cheese
Low-fat string cheese**	String cheese**	Milkshake**
Fat-free or low-fat yogurt or yogurt drink, no sugar added or sweetened with fruit juice**	Fat-free or low-fat yogurt or yogurt drink—sugar added**	Whole-milk yogurt or yogurt drink**

Non-Dairy Foods

GO	SLOW	WHOA
Calcium-fortified whole-grain or whole-wheat bread	Calcium-fortified bread (white flour)	
Whole-wheat tortilla	Flour tortilla (white flour)	
Whole-grain English muffin (enriched)	English muffin (enriched, white flour)	
Corn tortillas	Pita bread (enriched, white flour)	
Tofu (prepared with calcium sulfate)**	Almonds with no added salt, sugar, and/or fat	Almonds with added salt, sugar, and/or fat
Calcium-fortified orange juice		
Broccoli, cooked or raw		
Dark leafy greens, cooked or raw (spinach, Chinese cabbage, kale, bok choy, mustard greens, collard greens, turnip greens)		
Calcium-fortified cereal**	Instant oatmeal	
Calcium-fortified soymilk or rice milk**		
Calcium-fortified almond milk**		
Soybeans	Refried beans	
Beans (pinto or kidney)	Baked beans (white beans)	

CATCH Kids Club Family Tip Sheet: BREAKFAST

Breakfast is the most important meal of the day. But are all breakfast foods equally healthy? No way! Just compare these two breakfasts.



Breakfast #1

Eggs fried in bacon grease
Sausage
White-bread toast
Chocolate-flavored whole milk

Breakfast #2

Whole-grain cereal with 1% milk
Banana slices
Whole-wheat toast
100% orange juice

Breakfast #1 is a lot higher in sodium (salt), added sugars, and unhealthy solid fats.

Breakfast #1 also provides a lot less dietary fiber. Why is it good to eat enough of this fiber? It reduces your risk of getting diabetes and heart disease. It helps keep your digestive tract clean. And, since it's calorie-free, fiber can help you feel full without consuming more calories. . . . Cereals, breads, and other foods made with grains are good sources of fiber if they provide at least 3 g (grams) per serving.

The Nutrition Facts on a package tell you how many calories are in the food. That's where you'll also find the amounts of healthy nutrients (like dietary fiber and calcium) and unhealthy nutrients (like sugars, saturated fat, and sodium). Be sure to check the serving size shown at the top of the Nutrition Facts.

Want to
find out which types of cereal,
milk, and other breakfast foods are best
to eat most of the time? Check out the GO-
SLOW-WHOA List attached to The Basic
CATCH Messages Tip Sheet.

Tips for Healthy Breakfasts

1. Buy non-fat or 1% plain milk and yogurt most of the time.
2. Eat breads and tortillas made with whole grains (like whole-wheat and corn) instead of refined grains (like white flour).
3. Eat whole-grain cereals (like toasted oats, shredded wheat, and oatmeal). Avoid cereals loaded with sugar. Check the ingredients list. Types of sugars include corn syrup, high fructose corn syrup, dextrose, glucose, sucrose, fructose, honey, and molasses.
4. Eat fresh or frozen fruit by itself, cut up on cereal, or in a smoothie made with 100% fruit juice or non-fat or 1% plain milk and yogurt.
5. Eat WHOA breakfast meats like bacon, chorizo, and sausage only once in a while.

Instructions to the family:

Change these WHOA breakfast foods to GO breakfast foods. Get ideas from the GO-SLOW-WHOA List attached to THE BASIC CATCH MESSAGES tip sheet.

Breakfast 1

- Sugar-coated cornflakes with whole milk
- Doughnut
- Orange-flavored juice drink (only 10% fruit juice)

Breakfast 2

- Breakfast taco—made with (refined) flour tortillas, bacon and eggs (fried together), and American cheese
- 2% chocolate milk

Breakfast 3

- Chocolate chip pancakes with maple syrup and butter
- Cola soft drink

Plan ahead. Then you'll be more likely to eat a healthy breakfast before dashing off in the morning. On a separate sheet of paper, list at least 4 quick and healthy breakfasts you're going to eat in the near future. If necessary, buy the foods for these breakfasts.