

Make an UddER choice... choose milk!

To get where you want to go in life, you need strong bones to stand up for you. Solving this puzzle will give you some facts to fall back on!

1

 E
 C
2 V M D

3 T R I

4 M O C S

 C
5 T N

6 V E B

Across ⇨

- Constant **1** can weaken your bones.
- Your body needs **2** to better absorb the calcium in your diet.
- Most teenage girls don't get enough calcium to reduce their chances of getting **3** later in life.
- **4** is the food group in your diet that provides the richest natural source of well-absorbed calcium.
- Bones are made primarily of calcium and **5**.
- It's almost impossible to get enough calcium from **6** to meet your bone-building needs.

Down ↓

- **1** is essential for building healthy bones.
- Healthy bones need calcium, protein, vitamins A & D, phosphorus and **2**, all of which you get in milk.
- **3** works better than supplements at building strong bones.
- Almost half your bone mass is formed during the **4** years.
- Healthy bones stronger than **5**.
- Drinking **6** in place of milk has a negative effect on your bones.

Answers:
Across: 1. Fad dieting; 2. Vitamin D; 3. Osteoporosis; 4. Milk products; 5. Protein; 6. Vegetables.
Down: 1. Exercise; 2. Magnesium; 3. Food; 4. Teen; 5. Concrete; 6. Soft drinks.

Dietitians of Canada, Eat Well, Play Well: Promoting Healthy Eating and Physical Activity During the School Age Years, The Bone Zone Puzzle, www.2purelydairy.org.

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