

BUILD STRONG BONES WITH DAIRY PRODUCTS

Did You Know?

Dairy products provide four important nutrients for bone health



Calcium

Calcium helps **build and maintain strong bones and teeth**. Dairy products have the highest concentration per serving of **absorbable calcium**.



Phosphorous

Phosphorus works with calcium to help **build and strengthen bones**. It also assists in the **growth, maintenance and repair of tissues**.

Vitamin D

Vitamin D helps **promote the absorption of calcium** and enhances **bone mineralization**.

Protein

Protein is an **important component of every cell in the body**. It **builds and repairs** muscle tissue. It's also good for your bones!

Children's Diets Need to Support Proper Growth & Development

Growing bodies require vital nutrients to develop strong bones and muscles. Milk is a good source of **thirteen essential nutrients** such as calcium, phosphorous, vitamin D, and protein. The human body can't make essential nutrients in sufficient amounts, so we **need to get them through our diet**. Including dairy as part of a healthy diet ensures kids and teens are getting the nutrition they need, while also offering variety and great taste.

This information was brought to you by



Nevada Chapter

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

