



## Milk & Health Facts

- Bones grow most actively during the teen years. Nearly half of all bone is formed during adolescence.
- Pediatricians recommend that teens get the equivalent of four 8-ounce glasses of milk every day.
- By age 20 almost 98% of lifetime bone growth is done.
- Achieving a high peak bone mass is essential. It serves as the “bone bank” for your lifetime.
- Maximizing bone mass early in life helps protect against fractures.
- More than half of young people, over five years of age, fall short of getting the calcium they need for bone growth.
- Flavored and regular milk are packed with the same 8 essential nutrients.
- Only three beverages do not cause tooth erosion: milk, coffee, water. Out of the three, only milk has nutrients for tooth and bone growth and development.
- Fat-free milk has the same 8 essential nutrients as whole milk.
- Students, who drink milk with lunch, have calcium intakes that meet or exceed the national recommendations.
- Cheese, 1½ ounces of it, has as much calcium as one eight-ounce glass of milk.
- The American Academy of Pediatrics recommends milk, cheese, yogurt and other calcium-rich foods for children’s diets daily to help build bone mass.
- 75% of the calcium in the American food supply comes from the Milk Group Foods, which includes milk, cheese and yogurt.
- Calcium is the nutrient that makes bones and teeth strong and healthy. It is used in building bone mass and helps reduce the risk of fracture.
- Physical activity, especially weight bearing exercise for 30 to 60 minutes a day, increases bone gain.
- Milk makes muscles, thanks to the protein in milk.
- Fortified soy milk, fortified rice milk, collard greens, canned salmon with bones, sardines, mustard greens, broccoli, OJ with calcium, tomato juice with calcium and cantaloupe are all good alternative sources of calcium.



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