in the
BoneZone?
Our bones are alive

Bones are alive and constantly changing. The old worn out bone is broken down by cells and replaced by new bone. This is called bone turnover. Looking after our bones now will give us enough ‘bone in the bank’ for later on in life. As we get older, bones don’t renew themselves as quickly so they can become fragile. If bones become too fragile they can break more easily causing pain, restricted movement, curving of the spine and height loss.

This is called osteoporosis.
Bone raiders

Smoking and excessive drinking of alcohol is damaging to your bone-building cells. Get the facts on smoking and alcohol at: www.lifestyles.gov.uk and www.mindbodyandsoul.gov.uk

Caffeine in tea, coffee and cola drinks may also affect the calcium balance in your body. Think about replacing some of these drinks with milk, milkshakes or a calcium-enriched drink.

If you have an eating disorder such as bulimia or anorexia or exercise excessively you may not be getting all the vitamins and minerals you need for strong bones. Speak to someone you trust about how you are feeling. The Eating Disorder Association has a helpline 01403 750200 and a website www.edan.org.uk
Between the ages of 16–18 bones stop growing in length but...

bones continue to grow in strength into our mid-20s so...

the ideal time to build up our bone-bank is while we are growing.
Here are some quick and easy calcium-rich meals and snacks

Yogurt
Milkshakes
Smoothies made with yogurt and fresh fruit
Cornflakes with semi-skimmed milk
Cheese on toast
Tortilla chips with a yogurt dip
Baked beans on toast
Cheese and tomato pizza
Jacket potato with beans
Dairy ice cream

Look out for the Bone Friendly logo on some calcium-rich food and drinks. It identifies a food or drink which is beneficial to bone health.
Bone builders

Bones need regular weight-bearing activity. Good bone-building activities include:

- stair climbing, weight-training, brisk walking and jogging
- dancing, tennis, aerobics and judo classes
- football, basketball, cricket and hockey.

Try to be active every day. Turn off the TV and PC, get out, make new friends and have some fun! You don’t have to be ‘sporty’. Walking quickly to school or college counts, and dancing is also good for our bones.

Activity can also help you:

- look good
- feel confident
- help with exam stress
Bones need calcium and the body needs energy.

Don’t think of foods as good or bad. Aim to eat a wide variety of foods. Foods for energy include:

- bread, potatoes, pasta, cereals, fruit and vegetables
- milk and dairy products, meat, fish, eggs, beans and nuts

Breakfast: gives you an energy boost for the day so try not to skip it.

Calcium: the easiest way to get calcium is from:

- milk and dairy products including cheese and yogurts
  (even low fat dairy products contain as much calcium, if not more, as full fat varieties)

If you don’t eat dairy products, there are many other foods which are rich in calcium, such as:

- fortified soya milk or soya products, baked beans, bread, green salad leaves, tofu and even chocolate!

If you lack dairy products in your diet, you may also want to think about drinking calcium-fortified products such as water and orange juice. Calcium supplements are another alternative but check with a pharmacist or GP.