

Bone Development

Bones growing in size.

Diet

Important to have diet rich in **calcium** for example milk, cheese, yogurt (it is important to have **3 portions of calcium a day**) and **Vitamin D** for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

Recommended Daily Allowance

Calcium: 800 mgs daily

Ref: IOS, 2023

Vitamin D: 400 iu daily (10 mcg)

Ref: FSAI, 2020

Exercise

Moderate to vigorous intensity activity for at least **60 minutes every day** to include muscle-strengthening, flexibility & bone-strengthening exercise 3 times a week

Examples of appropriate exercise include: crawling, climbing, tumbling, rolling, running, playground equipment, gymnastics & dancing.

Ref: HSE National Physical Activity Guidelines for Ireland




Bone Health

Happy Bones 2023

1-3yrs