

Bone Development

Bones growing in density and strength

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: 600 iu daily (15 mcg)

Ref: FSAI, 2023

Exercise

Moderate to vigorous intensity activity for at least **30 minutes every day** to include muscle-strengthening, flexibility & bone-strengthening exercise 3 times a week

Examples: running, climbing, gymnastics, team sports, racquet sports, dancing, hiking, ice skating, jump-rope

Ref: HSE National Physical Activity Guidelines for Ireland



Bone Health

Happy Bones 2023