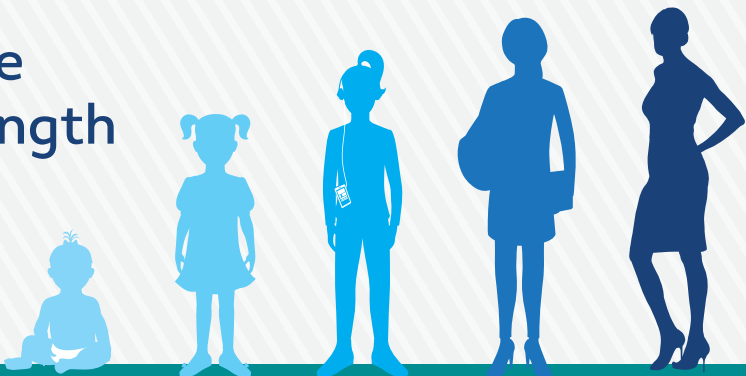


CHILD AND ADOLESCENT BONE HEALTH

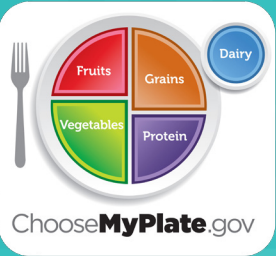
The amount of bone tissue in the skeleton, known as bone mass, can keep growing throughout puberty.

By your early 20s, bones have reached their maximum strength and density, known as **PEAK BONE MASS**



EAT ACCORDING TO THE DIETARY GUIDELINES FOR AMERICANS

This includes increasing **fruit and vegetable** consumption in kids, eating **lean meats** and consuming **low-fat or fat-free dairy**.



GET ENOUGH CALCIUM AND VITAMIN D

RDA CALCIUM		
Age	Male	Female
0-6 months	200 mg	200 mg
7-12 months	260 mg	260 mg
1-3 years	700 mg	700 mg
4-8 years	1000 mg	1000 mg
9-13 years	1300 mg	1300 mg
14-18 years	1300 mg	1300 mg
19-30 years	1000 mg	1000 mg

RDA VITAMIN D		
Age	Male	Female
0-12 months	400 IU	400 IU
1-13 years	600 IU	600 IU
14-18 years	600 IU	600 IU
19-30 years	600 IM	600 IU

EXERCISE RECOMMENDATIONS

Jumping rope or doing jumping jacks **100X** at least 3 days per week

