

# Dairy & Osteoporosis Challenge

For June 2015

1. Eat or drink your 3-A-Day of dairy foods each day. Check off how many servings you have every day. The dairy case has something for everyone – from fat free to reduced fat varieties, families can choose milk, cheese or yogurt products to meet everyone’s taste and nutritional needs. Dairy foods provide calcium for strong bones, teeth, and muscles, supports weight management, and prevents osteoporosis (brittle bones).
2. Engage in weight bearing exercises and physical activity: walking, running, weight lifting, tennis, basketball, aerobic classes or workouts, dancing, etc. For every 30 minutes of weight bearing activities, check one box, for every 60 minutes, check the second box. Weight bearing activities help make bones stronger, weight management, stronger muscles, healthier heart, reduce stress, etc., etc.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	2 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	3 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	4 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	5 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	6 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	
7 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	8 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	9 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	10 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	11 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	12 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	13 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	
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21 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	22 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	23 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	24 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	25 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	26 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	27 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	
28 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	29 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	30 Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PA <input type="checkbox"/> <input type="checkbox"/>	One serving of dairy foods =  8 ounces (1 cup) milk, preferably 1% or skim 1 – 1 ½ ounces of cheese 6 or 8 ounces of yogurt.				

Name \_\_\_\_\_ Hand in form to Julie Jones by July 3<sup>rd</sup>.

Developed by Dorchester County Health Dept., Health Education, Cambridge, MD, 410-228-3223.