

# Simple actions

for stronger bones

## Healthy Bones Action Week

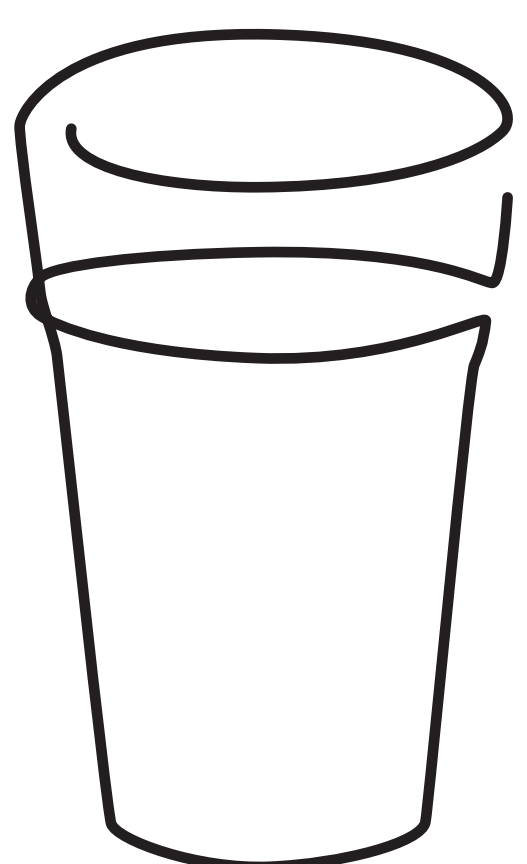


### Exercise

Do weight-bearing exercise

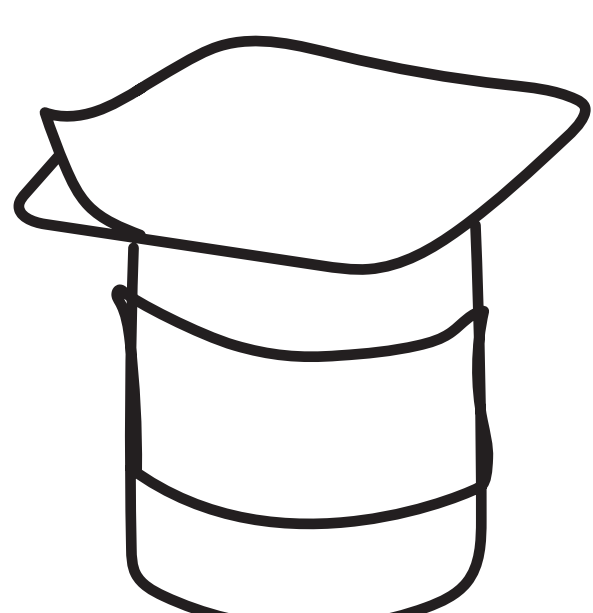
Did you know...  
that weight-bearing  
exercises like running,  
jumping and dancing  
are good for  
strong bones?

### One serve of dairy is equivalent to



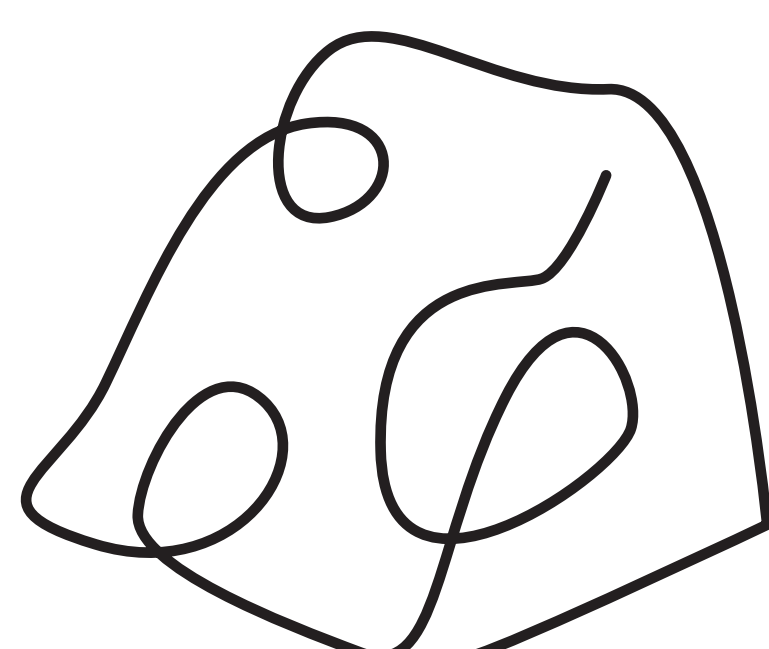
Milk  
1 cup  
(250ml)

or



Yoghurt  
3/4 cup  
(200g)

or

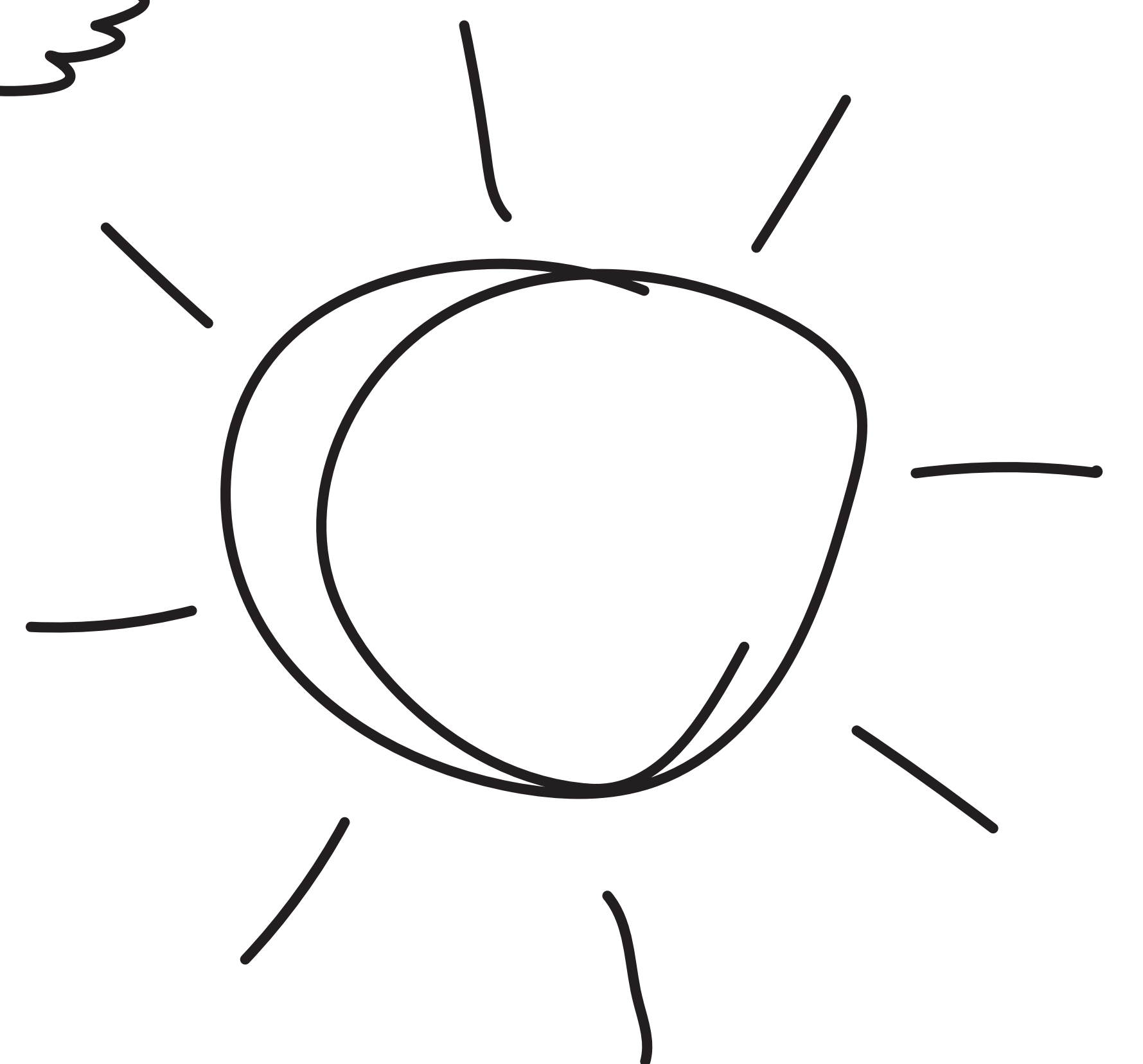


Cheese  
2 slices  
(40g)

Did you know...  
dairy foods contain  
protein for growth  
and development and  
healthy muscles?

### Consume

Eat and drink milk,  
cheese and yoghurt  
for calcium



### Vitamin D

Get safe sunshine  
for vitamin D

Depending on your age  
and gender, you need  
between 1½ and 3½ serves  
of foods from the dairy  
food group every day.

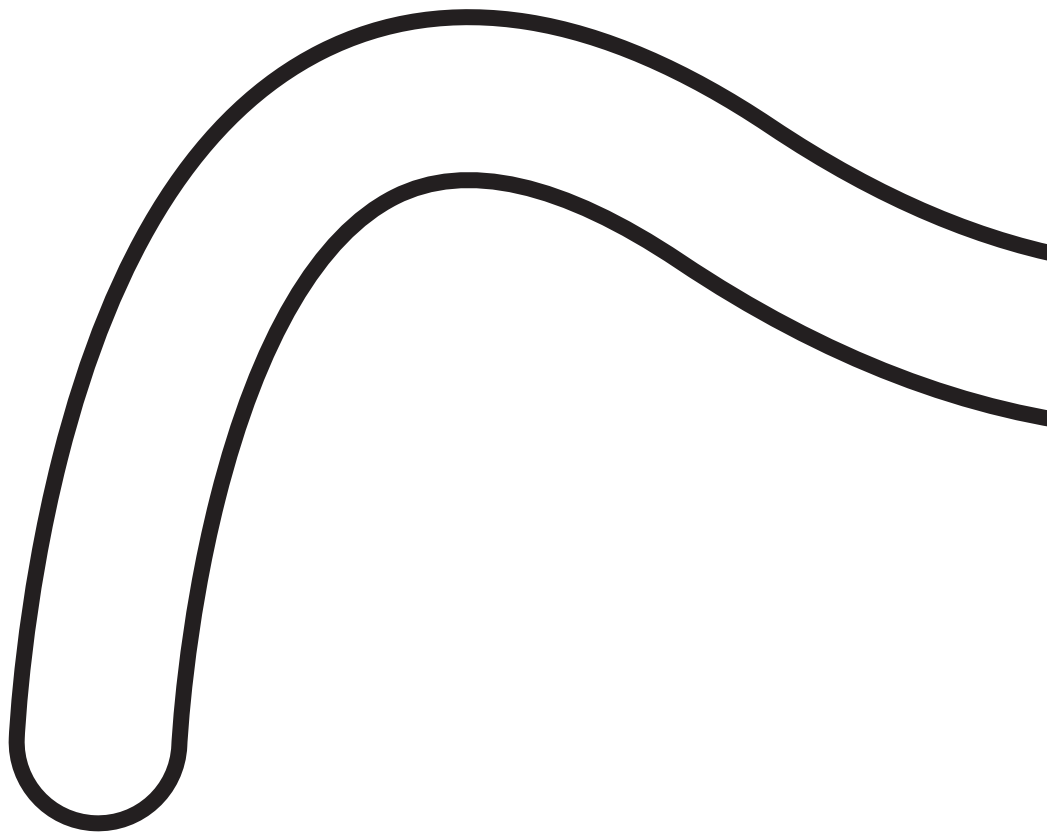


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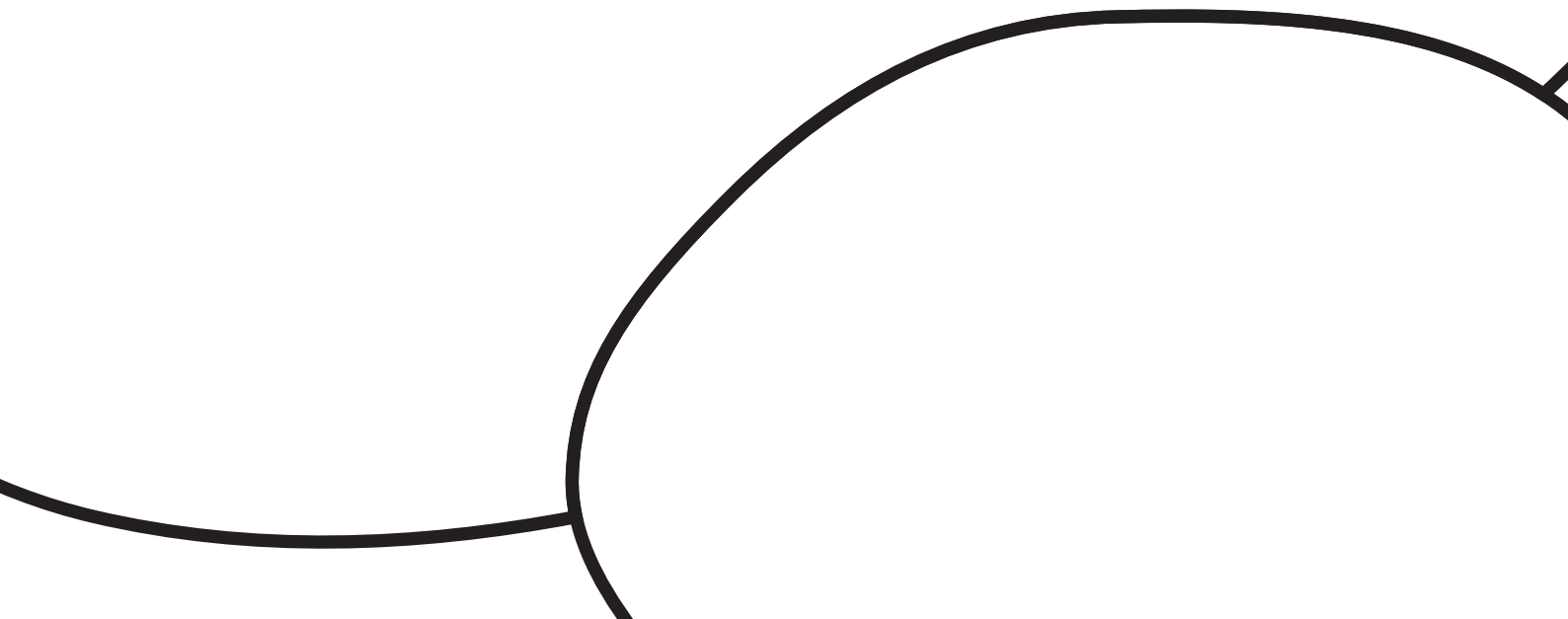
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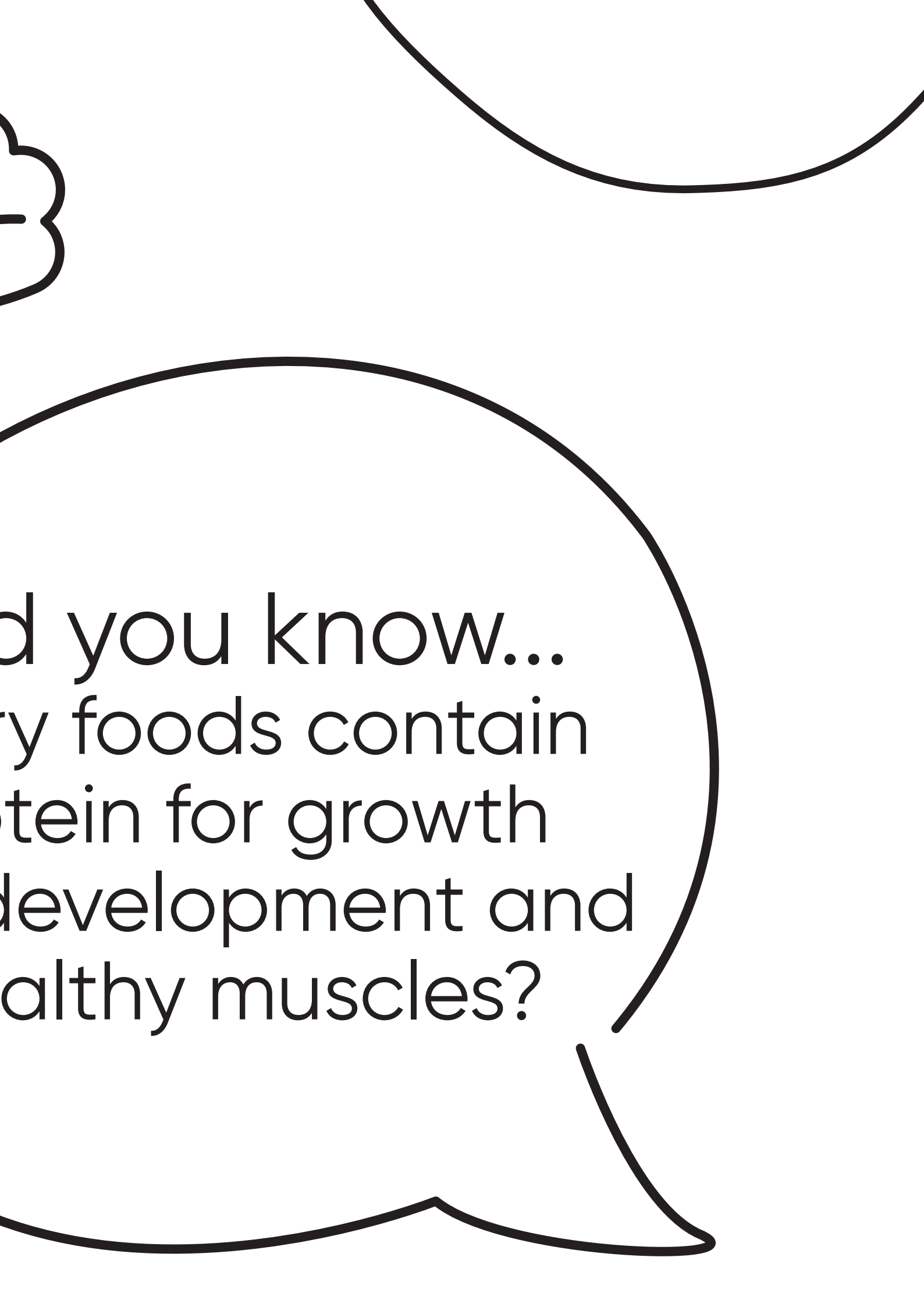
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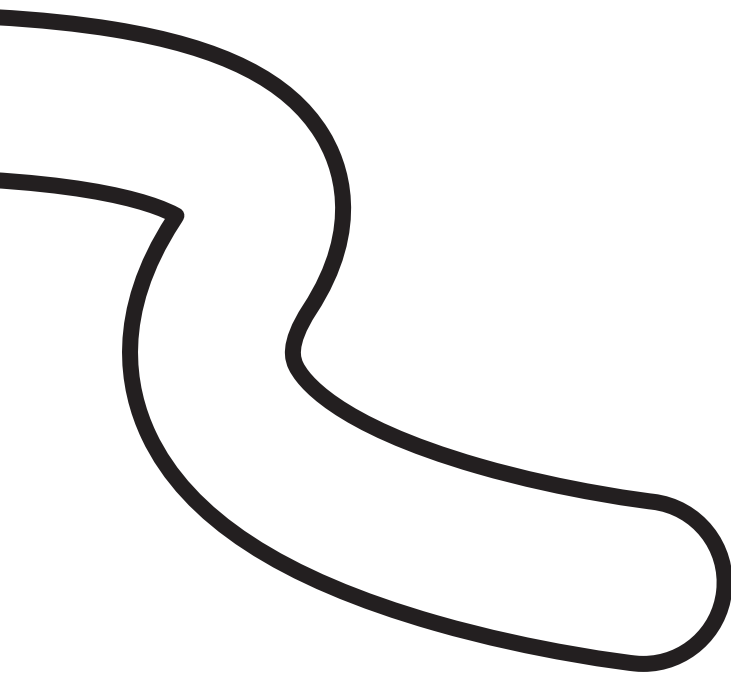


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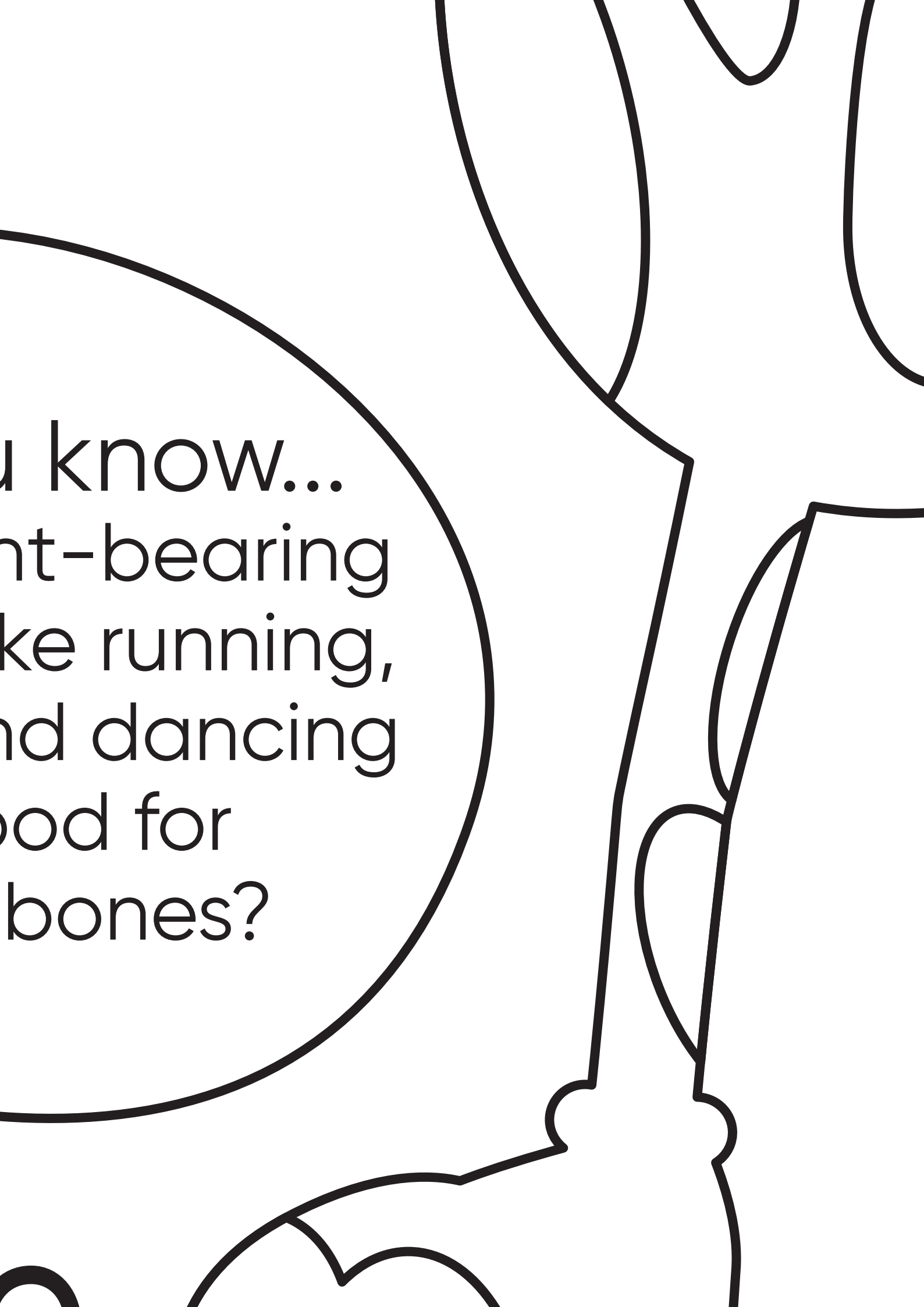


And you know...  
Many foods contain  
protein for growth  
development and  
healthy muscles?



Did you  
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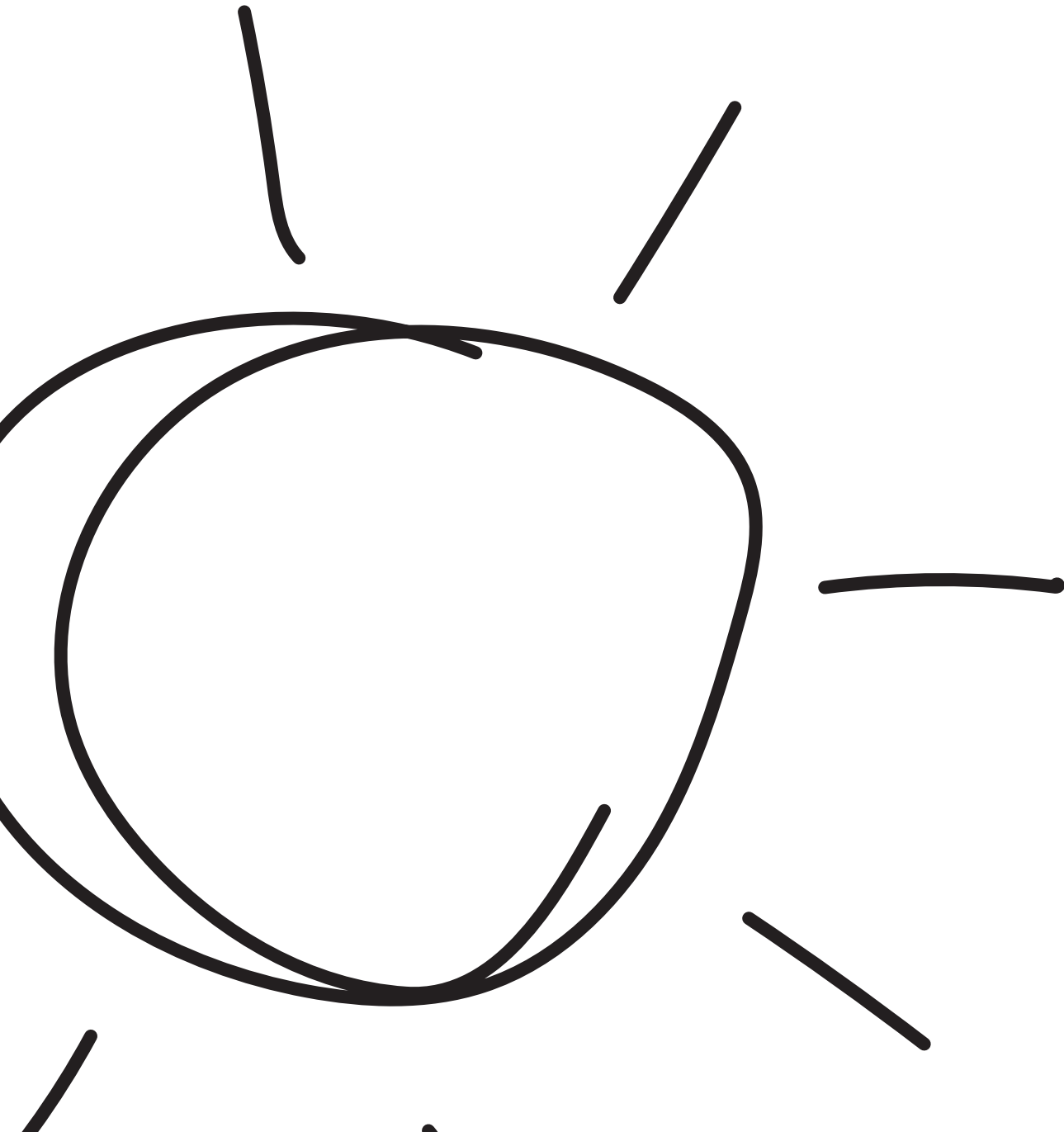


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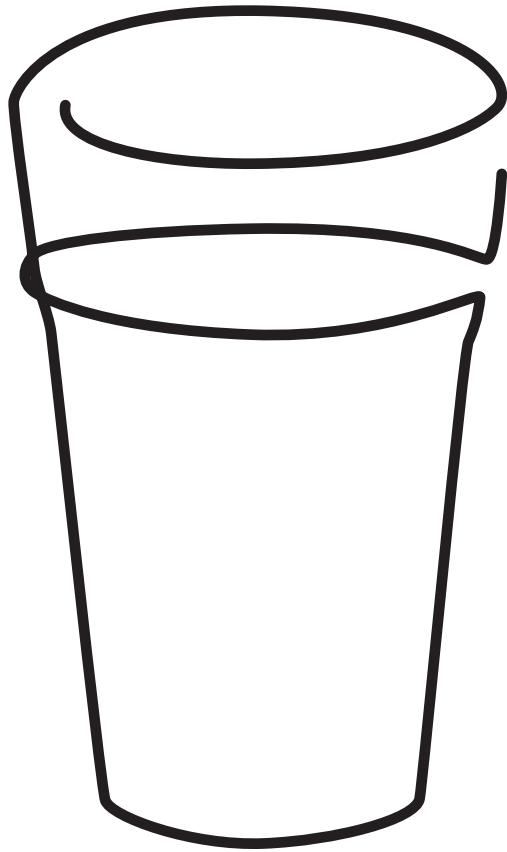


# Consume

Eat and drink milk,  
cheese and yoghurt  
for calcium



One serve  
of dairy is equivalent



or

Milk  
1 cup  
(250ml)

**Aussie  
Dairy**

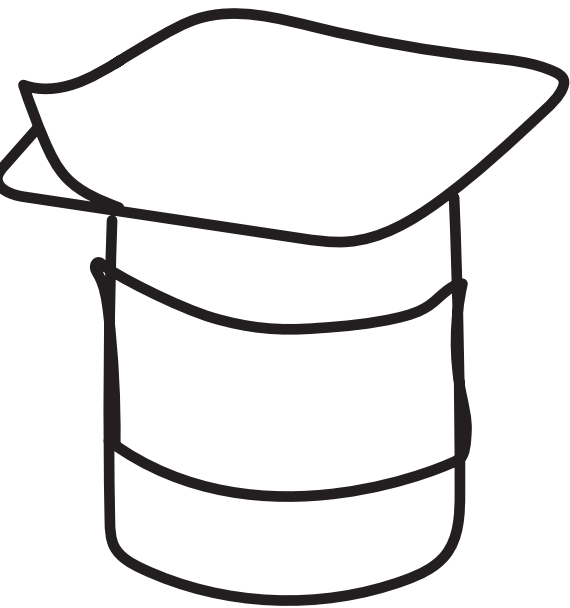
**Life**  
Every child de



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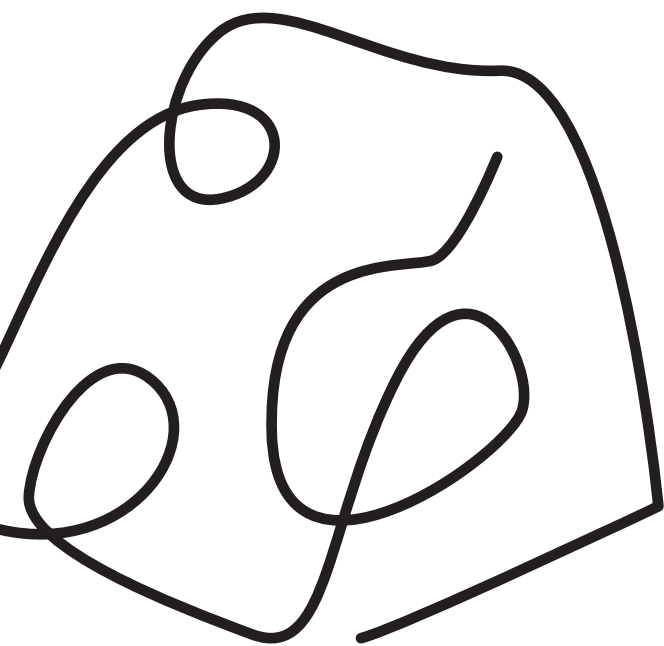


or



**Yoghurt**  
3/4 cup  
(200g)





**Cheese**  
2 slices  
(40g)



# Vitamin D

Get safe sunshine  
for vitamin D

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and gender, you need  
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