

Women over 50 are recommended to consume four serves of dairy daily for strong bones.¹



Milk, cheese and yoghurt are the top sources of calcium in the Australian diet²—essential for maintaining strong bones and reducing the risk of osteoporosis.

1 serve of dairy is equivalent to:

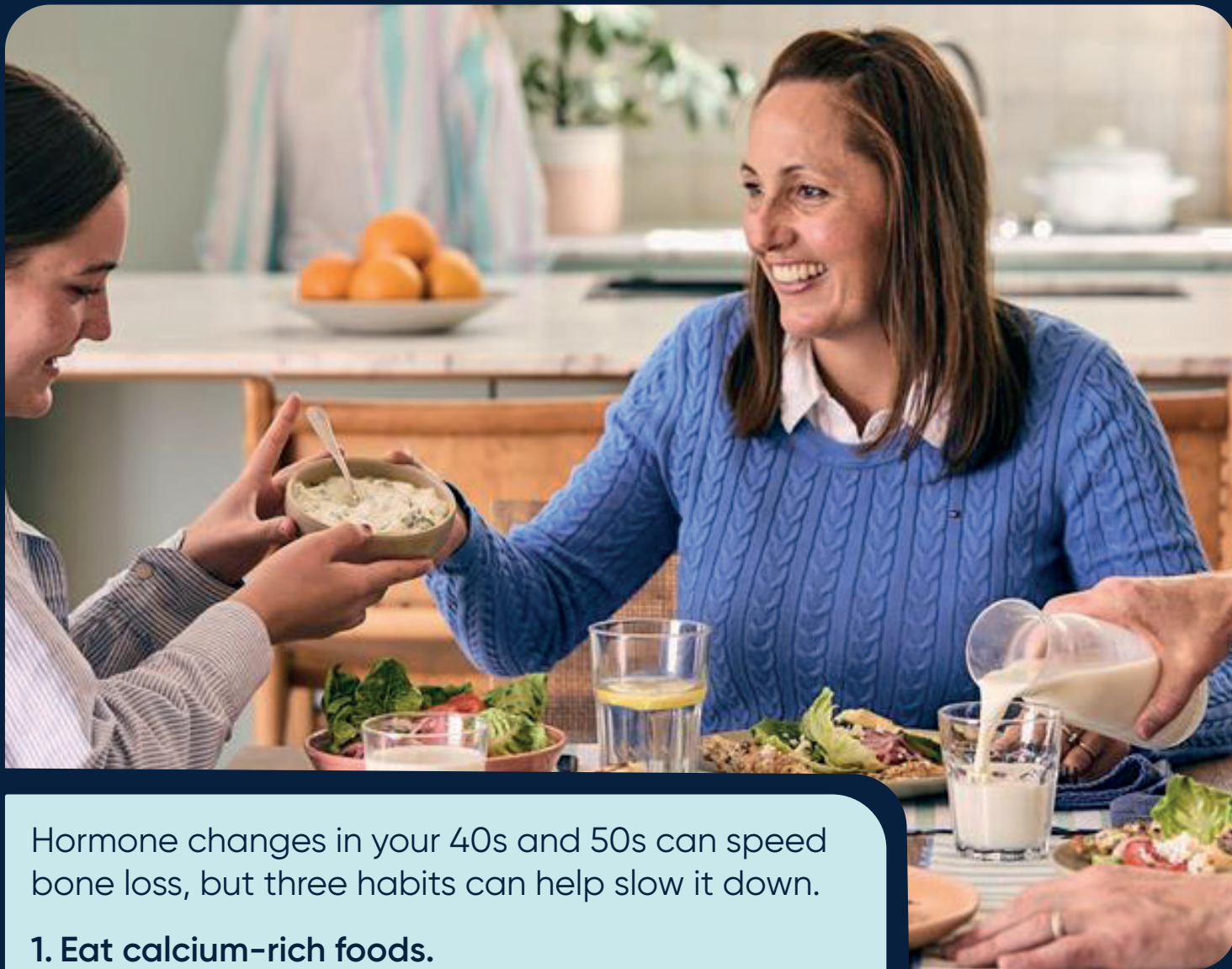
- 1 cup of milk (250ml)
- 2 slices of cheese (40g)
- $\frac{3}{4}$ cup of yoghurt (200g)



Aussie Dairy
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Learn more at dairy.com.au/healthybones or speak to your Healthcare Professional

Midlife matters: protect your bones with simple daily steps.



Hormone changes in your 40s and 50s can speed bone loss, but three habits can help slow it down.

1. Eat calcium-rich foods.

Milk, cheese, and yoghurt pack calcium and protein. Women 50+ should aim for four serves daily.

2. Move your body with weight-bearing exercises.

Try going on a brisk walk or a quick yoga session.

3. Get safe sun exposure with vitamin D.

Step outside for your morning coffee.



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