

Simple actions

for stronger bones

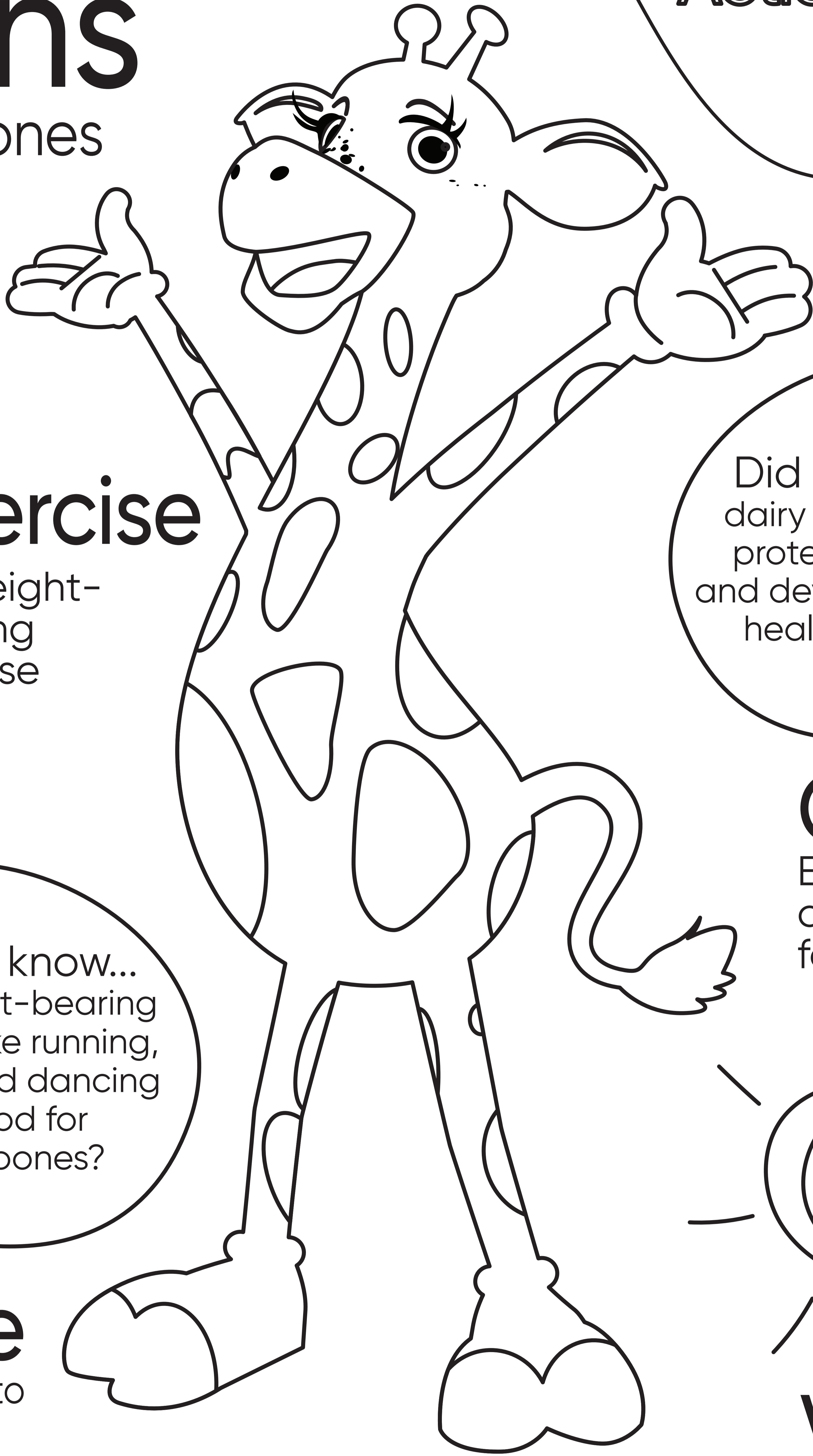
Healthy Bones Action Week



Exercise

Do weight-bearing exercise

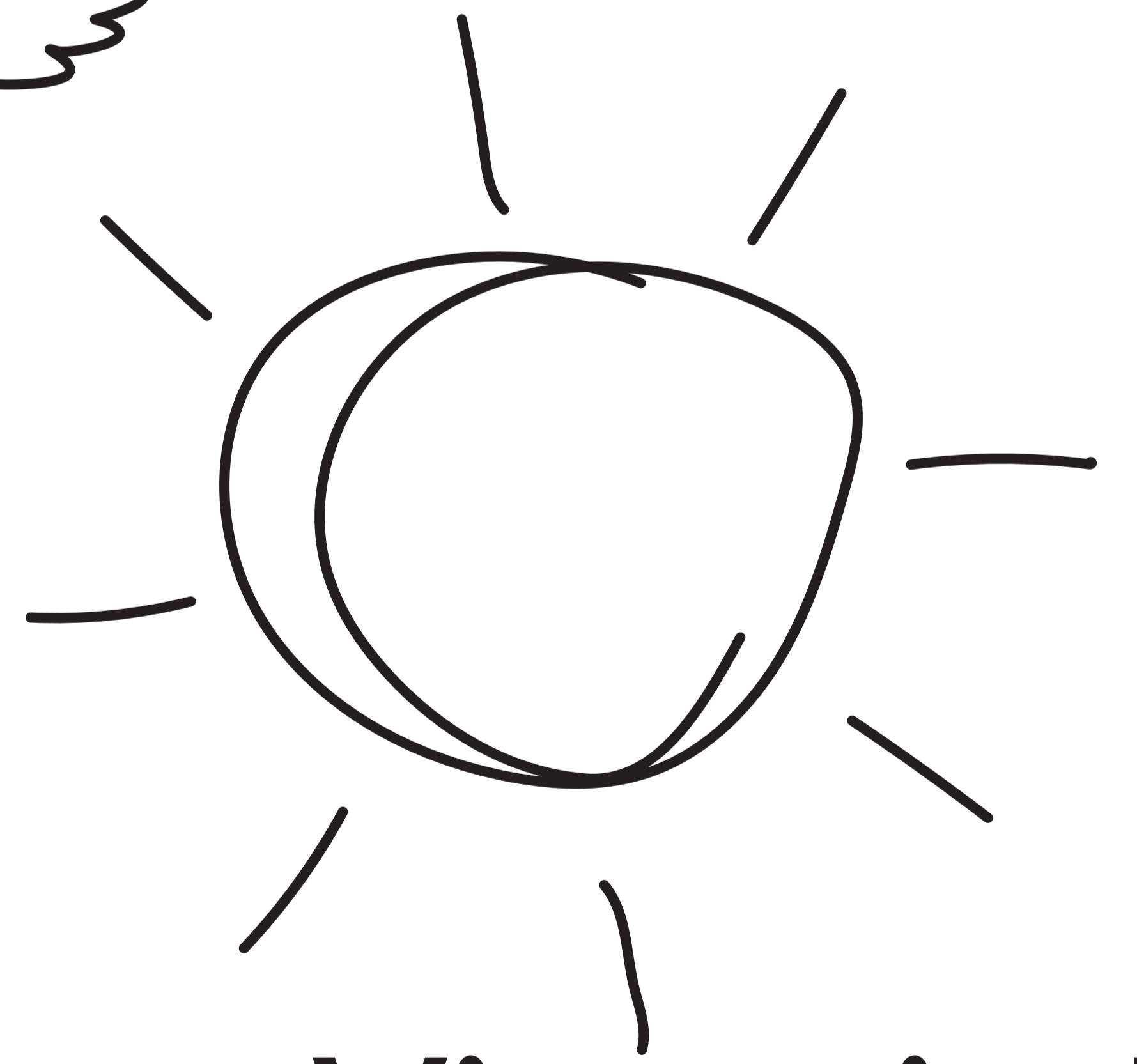
Did you know... that weight-bearing exercises like running, jumping and dancing are good for strong bones?



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

Consume

Eat and drink milk, cheese and yoghurt for calcium



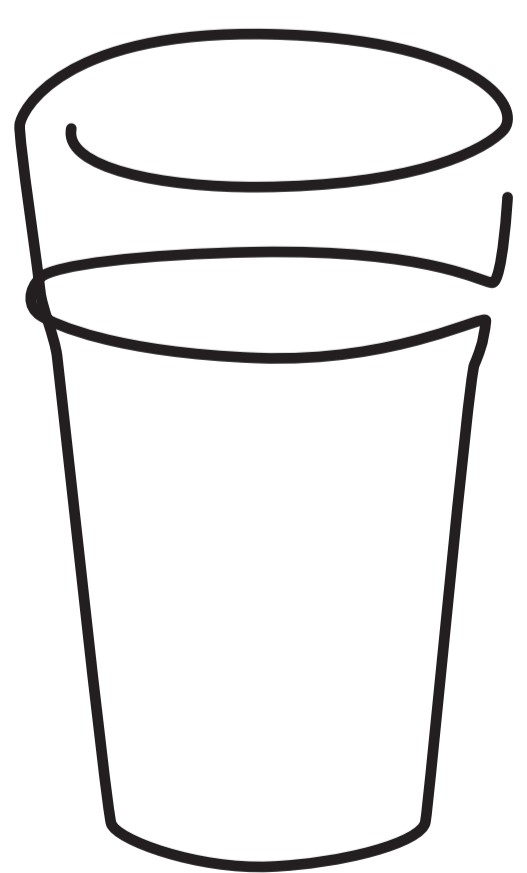
Vitamin D

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.

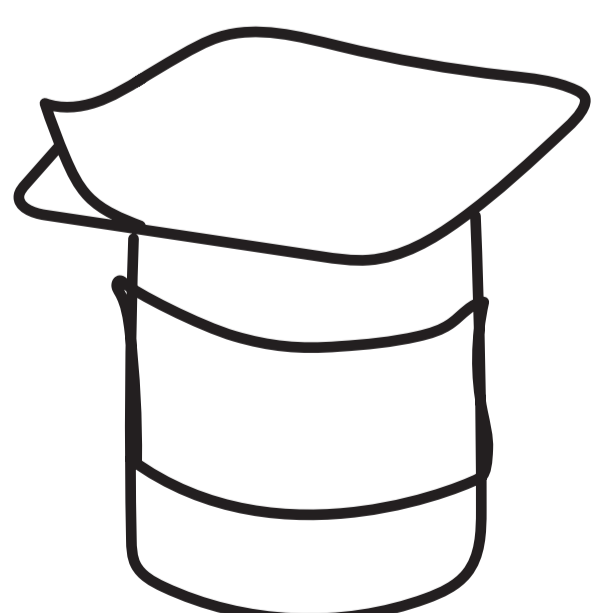
One serve

of dairy is equivalent to



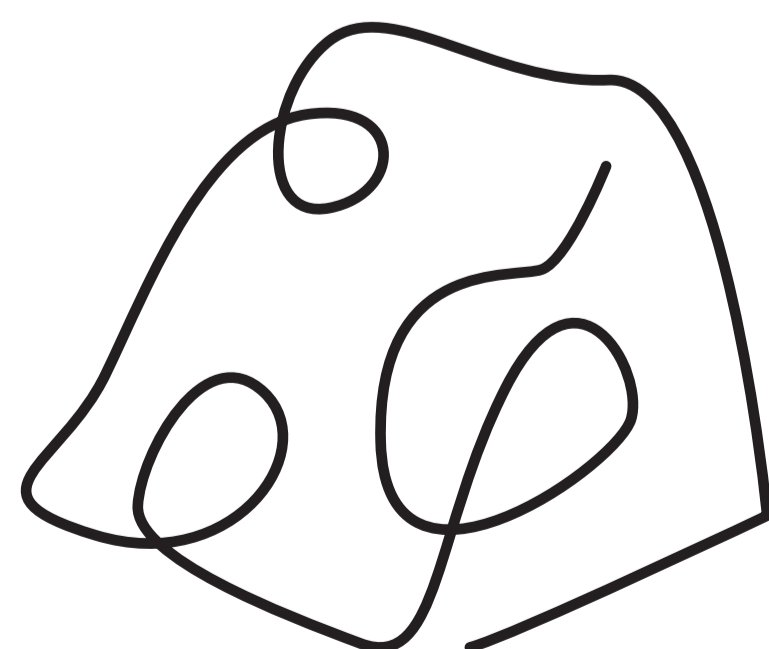
Milk
1 cup
(250ml)

or



Yoghurt
3/4 cup
(200g)

or



Cheese
2 slices
(40g)

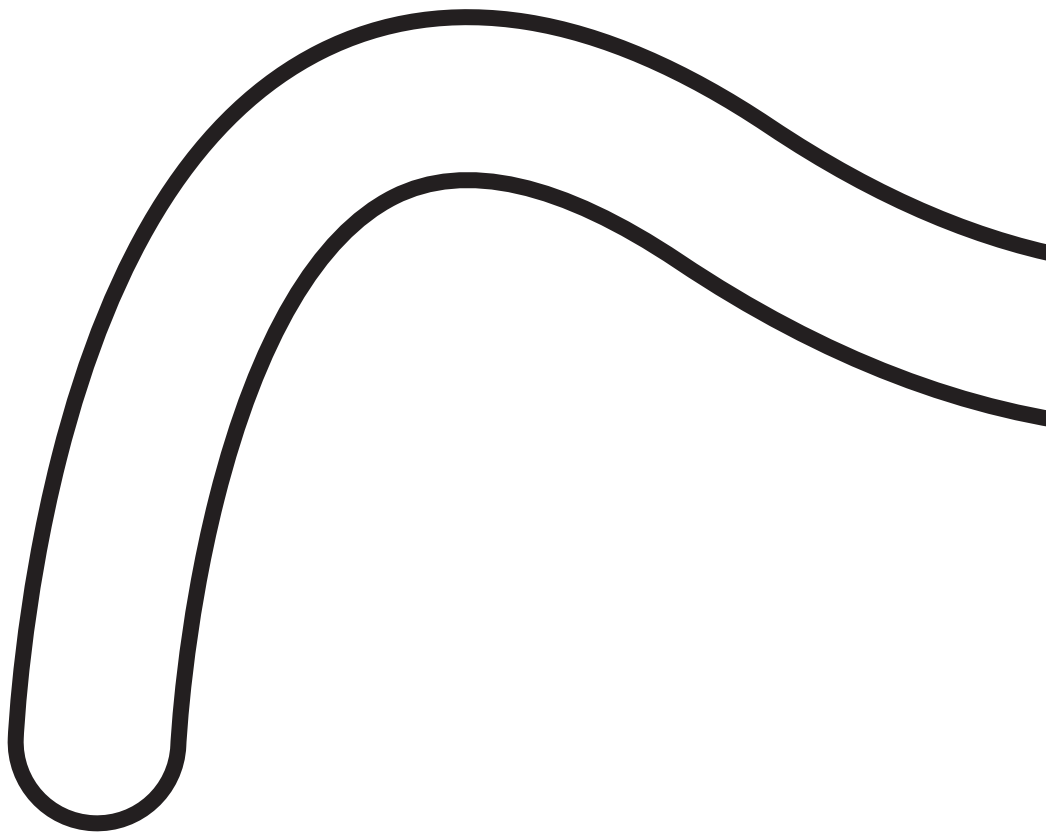


Dairy
Australia

Simp dactio

for stronger bo

le
ns
ones





HO

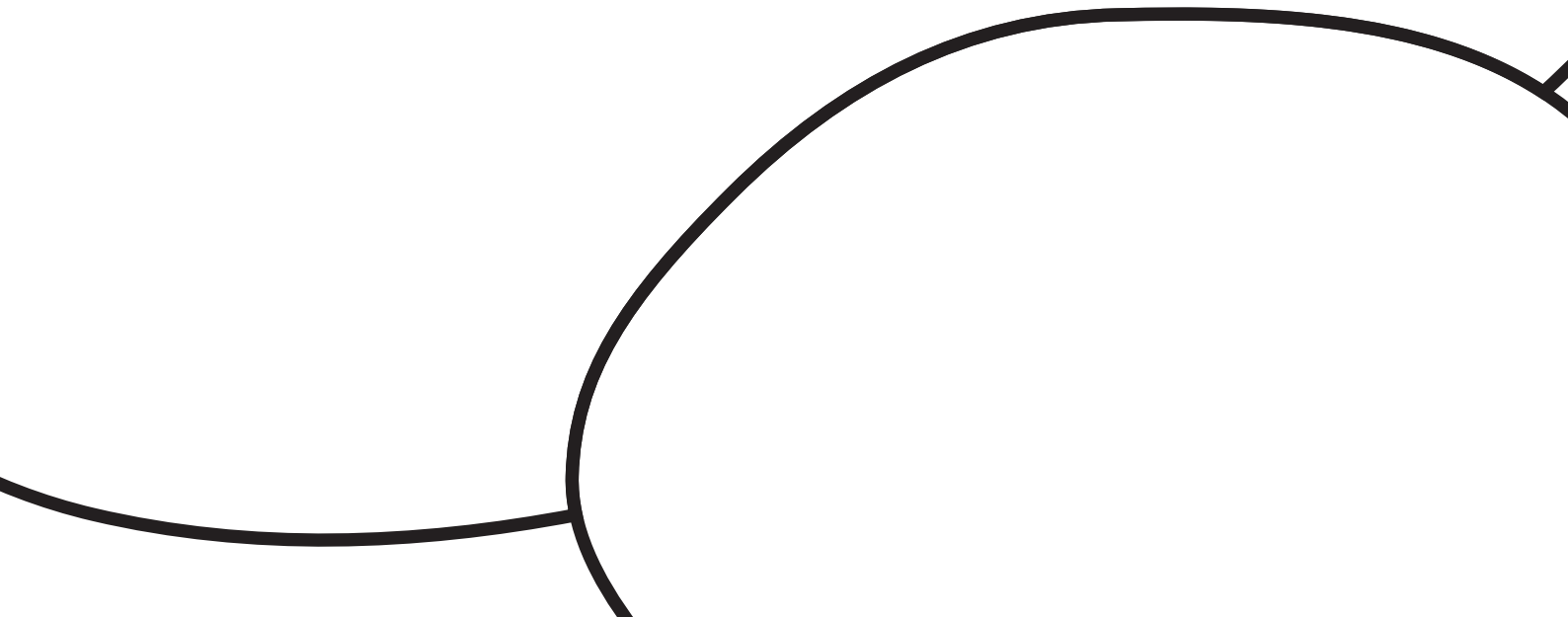
BO

Acti

Healthy

Ones

ion Week





Exe

Do we
beari
exerc

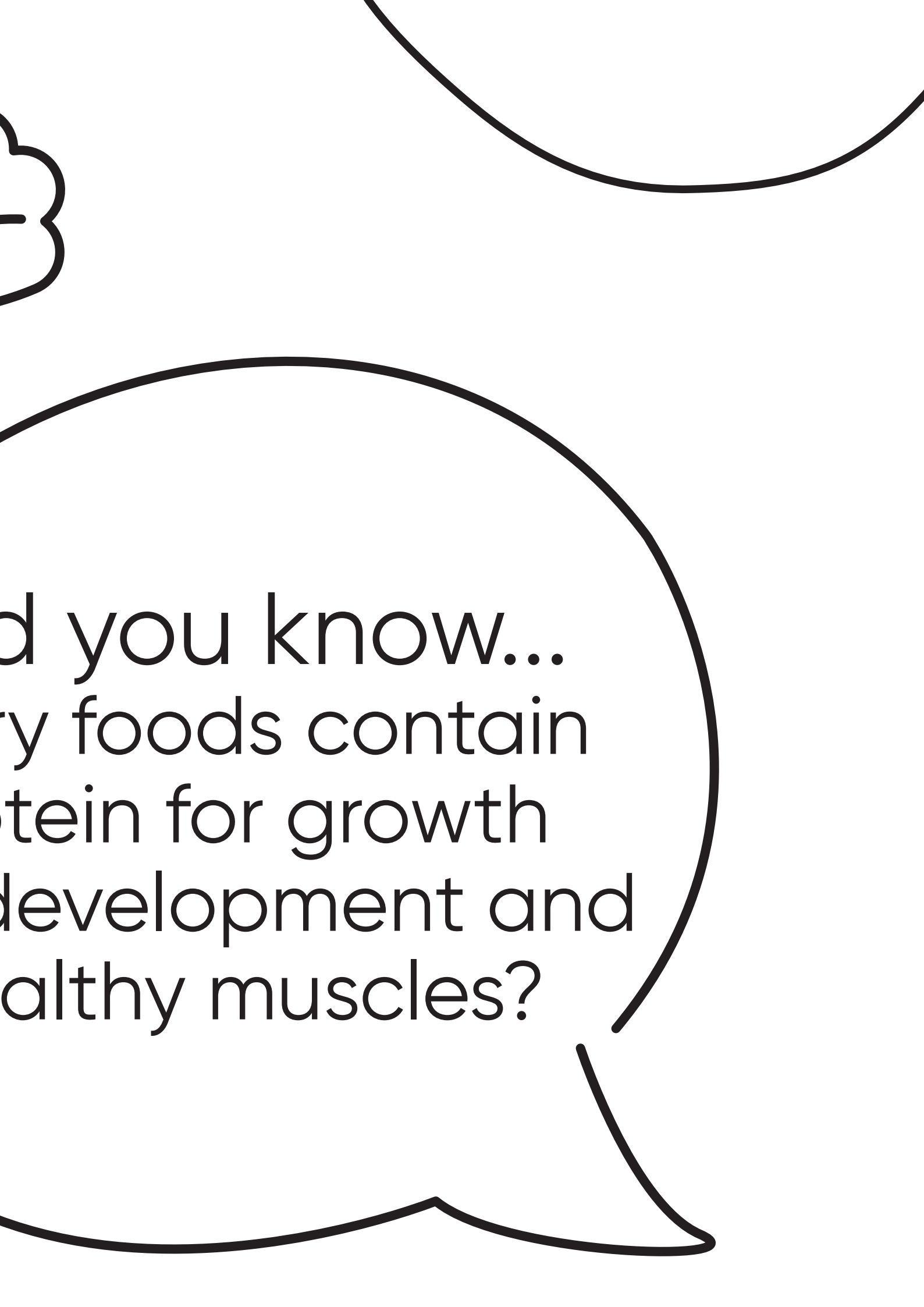
A black and white line drawing of a hand holding a pencil, with a large, stylized letter 'A' in the background. The hand is positioned at the top left, holding the pencil horizontally. The letter 'A' is a large, bold, sans-serif character that dominates the center of the image. The background is filled with various abstract, organic shapes and lines, suggesting a creative or artistic theme.

ercise

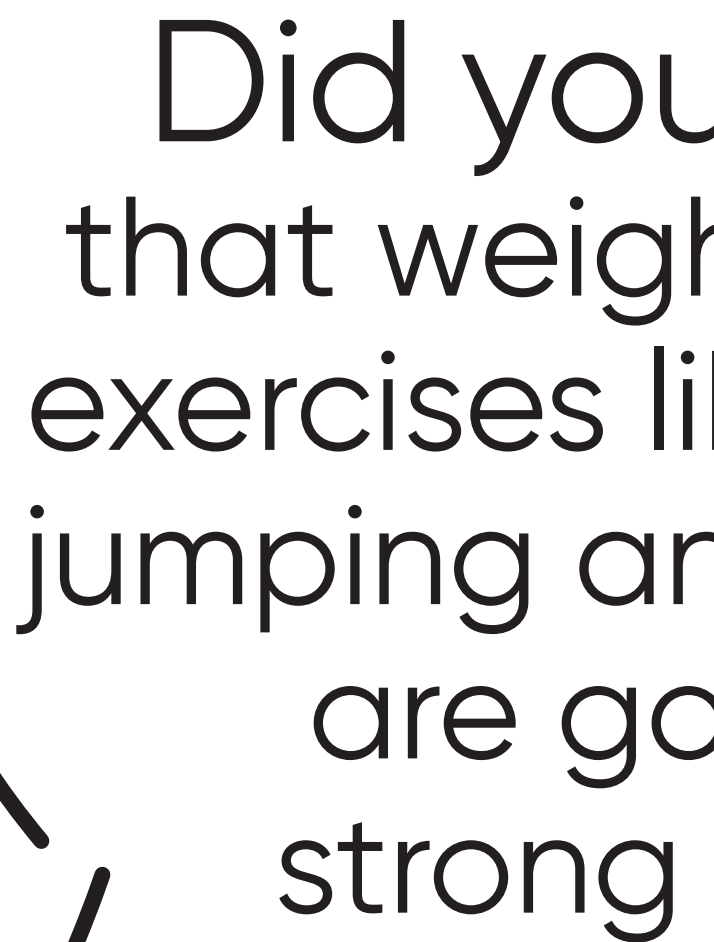
eight-
ng
ise



Did
dair
pro
and o
he

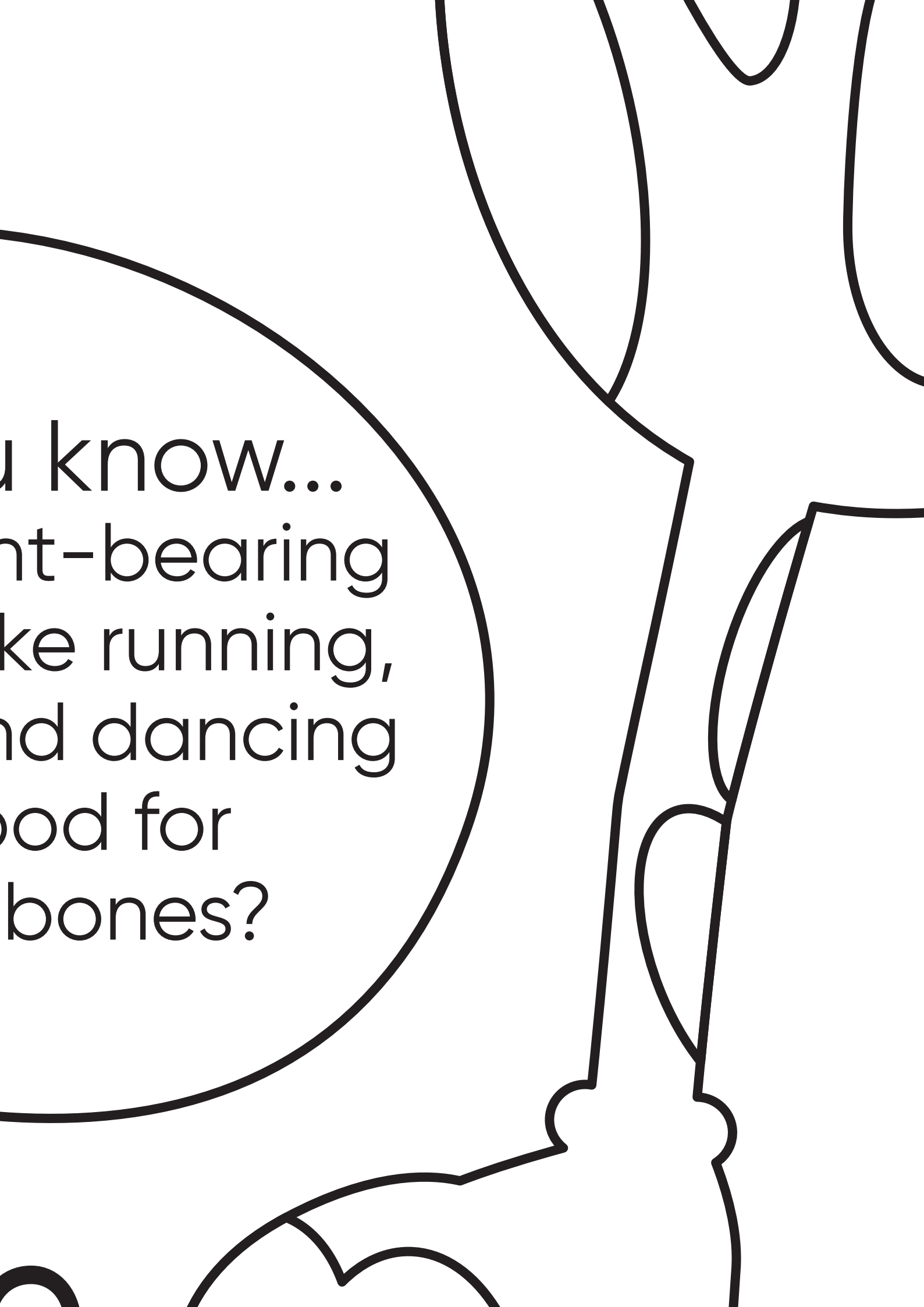


Did you know...
Many foods contain
protein for growth
development and
healthy muscles?



Did you
that weigh
exercises li
jumping an
are go
strong

One copy

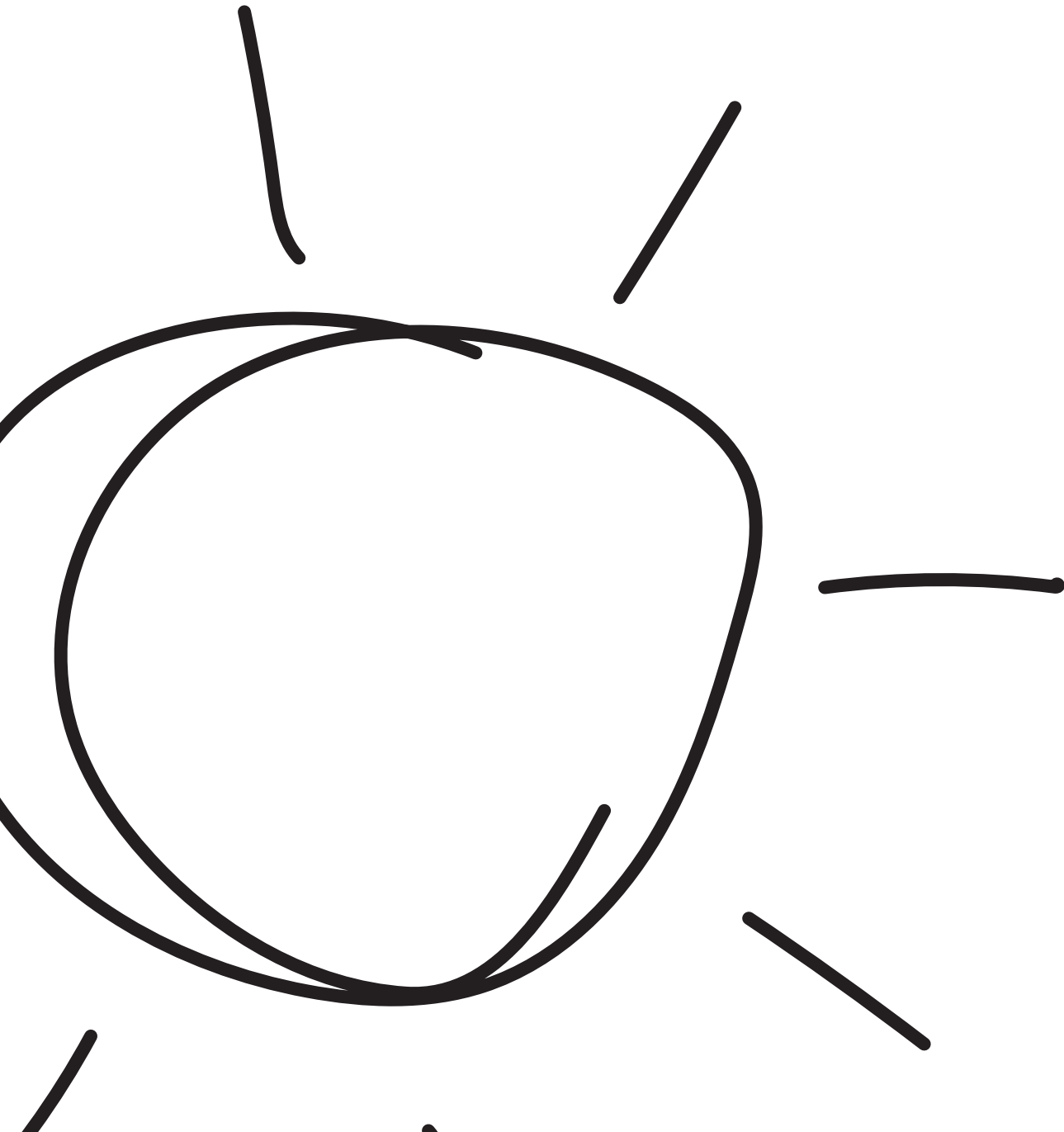


u know...
nt-bearing
ke running,
nd dancing
ood for
bones?

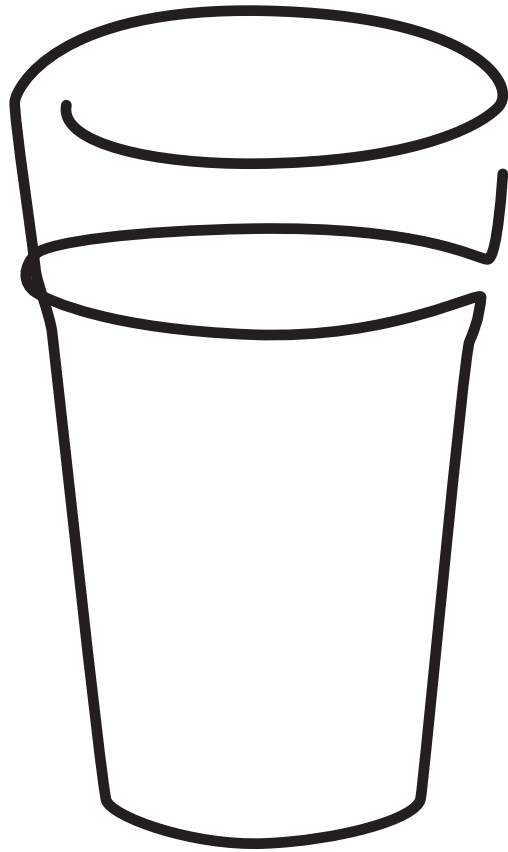


Consume

Eat and drink milk,
cheese and yoghurt
for calcium



One serve
of dairy is equivalent



or
Milk
1 cup
(250ml)

AUSSIE DAIRY
MATTERS

to



or



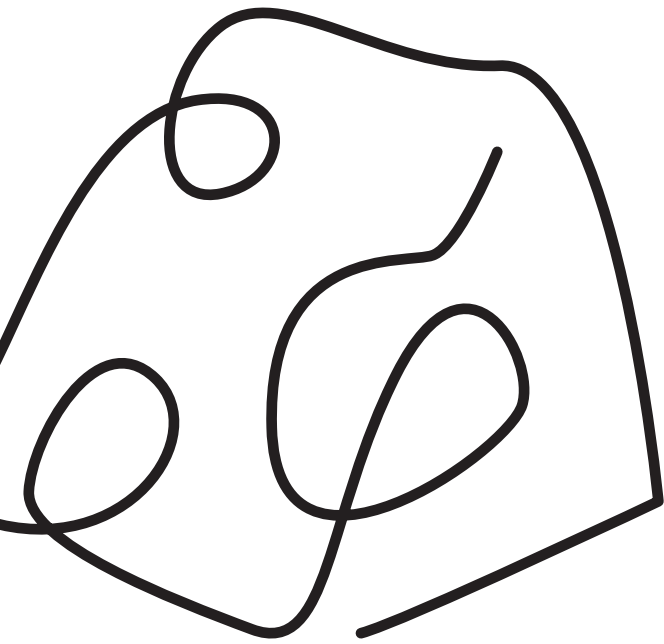
Yoghurt

$\frac{3}{4}$ cup

(200g)



Every child deserves to thrive



Cheese
2 slices
(40g)





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.

