

Test your bone know-how

Take a few minutes to bone up on your bone health. What you learn could help you protect yourself against osteoporosis, a condition in which the bones become weak and can break easily.

What is the best answer?

Compare your choices to the answers below. Then make sure to act on what you know.

1. Arrange the following foods and beverages from the one containing the most calcium to the one containing the least:
A. Sardines with bones
B. Canned salmon with bones
C. Low-fat milk
D. Fortified orange juice

2. Your body requires vitamin D to absorb calcium. Which of the following describes how much sunlight you need to make sufficient vitamin D?

- A. Ten minutes of sun a few times a week
- B. One minute of sun every day
- C. Twenty minutes every day
- D. None of the above

3. Which of the following habits may help keep your bones strong?

- A. Coffee consumption
- B. Bike riding
- C. Tea drinking
- D. A low sugar intake

Did you know?

Bones seem solid and unchanging. But they are actually living tissues that continue to form throughout your lifetime. Knowledge about bones is also expanding. Experts are learning more and more about how to keep your skeleton in tip-top shape.

How did you do?

1. **A, C, D, B is the right order.**

Each is high in calcium. Here is how they stack up:

- Sardines: 325 milligrams per 3 ounce serving
- Low-fat milk: 302 milligrams in 1 cup
- Orange juice, fortified: 300 milligrams in 1 cup
- Canned salmon with bones: 205 milligrams per 3 ounce serving

2. **A.** Most people get all the sunlight they need by going outside for about 10 to 15 minutes a few days a week. You only have to expose part of your body to the sun, like your face or hands. If you stay out longer, apply a sunscreen with an SPF (sun protection factor) of at least 15.

3. **C.** People who drank at least two cups of black, green or oolong tea daily for at least six years had stronger bones than people who drank less tea. Bike riding is good exercise for your heart. But jumping rope, volleyball and other weight-bearing activities are better for your bones.

What does your health care provider mean?

When you hear these words, it is important to know what they actually mean.

If you hear...	It really means...
Biopsy	When a doctor removes tissue from your body to check for a certain disease
Genetic	A trait (often a medical condition) that is passed from parent to offspring
Malnutrition	A lack of nutrients required for your body to grow and to stay healthy
Anemia	A medical condition where you have an abnormally low amount of red blood cells

Remember — if you hear words you do not understand, always ask for an explanation.