



# **BUILDING STRONG BONES FOR MY BRIGHT FUTURE**




The teenage years are prime bone-building time. Having foods with calcium each day helps build strong, healthy bones.

## **BRIGHT IDEAS:**

 Have at least 3 cups of fat-free or low-fat milk or milk products each day (lactose-free is fine).

 Try low-fat or fat-free yogurt, pudding, or smoothies made with low-fat or fat-free milk.

 Drink calcium-fortified orange juice.

# Healthy Fruit Smoothie (1 serving)

## Ingredients:

- $\frac{3}{4}$  cup low-fat or fat-free milk (can use calcium fortified soy or rice “milk” instead)
- $\frac{1}{4}$  cup orange juice (calcium-fortified is even better)
- $\frac{1}{2}$  cup berries or cut up fresh, frozen, or canned fruit (drained if canned, rinsed if in syrup)
- 2 ice cubes (If you use frozen fruit, you don’t need to add ice cubes.)

Put all ingredients into a blender. Blend until foamy. Serve immediately. You will love the creamy, sweet taste of this drink.

For more information, visit [www.hrsa.gov/womenshealth](http://www.hrsa.gov/womenshealth)

