

## Healthy Measures: Milk – the potent beverage for healthy bones

[Osteoporosis Canada](#) estimates that approximately two million Canadians are affected by this disease. Osteoporosis causes bones to become brittle and porous, but it can be prevented by leading an active lifestyle and having a diet rich in calcium and vitamin D.

Milk contains up to 16 essential nutrients including protein, phosphorus, magnesium and vitamin A. It is one of the few beverages fortified with vitamin D, which aids in calcium absorption. Each cup of milk contains about 100 IU of vitamin D, helping to make milk one of the best food sources for maintaining bone health.

Your daily calcium and vitamin D requirements will depend on your age:

<b>Between 19 and 50</b>	1,000 mg of calcium and 200 IU of vitamin D
<b>Between 51 and 69 *</b>	1,200 mg and 400 IU of vitamin D
<b>Over 70 *</b>	1,200 mg of calcium and 600 IU of vitamin D

*\*If you are over 50 years of age, in addition to consuming milk, take a supplement of 400 IU vitamin D per day.*

You can get more than half of your recommended daily intake of calcium by following [Canada's Food Guide for Healthy Eating](#). If you are between 19 and 50, you should have two servings or two cups (250 mL each) of milk daily. If you are over 50, try to have three servings or three cups of milk each day.

If you are not a milk drinker, there are other options available to get the essential nutrients in milk such as fortified soy milk.

It is never too late to start drinking milk to keep your bones strong and healthy. Why not start now?

**For more information:**

[Osteoporosis Canada](#)

[Dairy Farmers of Canada](#)

**If you have questions on nutrition and healthy eating**, contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

**Healthy Measures: Eat Well, Be Active and Be Yourself!**