



Oliver's team talk

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Education Professionals & Families from The Oliver Foundation

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Teach! TEACHERS CORNER

Bone Health

- A standard 8-oz. serving of milk provides excellent sources of nine essential nutrients, making it one of the most nutrient-dense foods.
- Your body starts losing bone mass naturally after age 30 or earlier. The result can be the brittle, fragile bones and poor posture associated with osteoporosis. The good news is there are simple steps you can take to maintain bone health throughout your life.
- Nutrients in dairy foods including calcium, magnesium, phosphorus, potassium, protein and vitamin D work together to help build and protect bones.

Excite! READY, SET, GO!

Growing Bones in the Classroom

Visit www.3aday.org with your students to learn more about the health benefits of consuming dairy!

- Play the OrganWise Guys video "Calci's Big Race" and then let your students discuss their favorite dairy items.
- Did you know? Seventy percent of preteen girls (ages 6-11) and 60 percent of preteen boys do not meet current calcium recommendations.

Allow your students to have a "Dairy Day" where they can bring dairy snacks to eat during the day to promote healthy snacking.

Activate! MAKE YOUR MOVE

All About Dairy Servings

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| Children: | 4 to 8 yrs old: | 3 servings/day |
| | 9 to 18 yrs old: | 4 servings/day |

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| Adults: | 19 to 50 yrs old: | 3 servings/day |
| | 50+ yrs old: | 4 servings/day |

Serving of milk: 8 oz or 1cup

Serving of cheese: 1.5 oz natural cheese
2.0 oz processed cheese

Serving of yogurt: 8oz or 1 container

Motivate! SPREAD THE WORD

Apple Yogurt Smoothie

Ingredients:
2 cups low-fat vanilla yogurt
1 granny smith apple, cored, peeled/diced
½ cup orange juice
½ cup ice

Preparation:
Mix all ingredients in a blender or food processor until smooth and pour into tall glasses. Garnish with sliced almonds, fresh fruit, or honey if desired.

Enjoy this tasty smoothie as a quick breakfast item, late afternoon snack, or after dinner dessert!

Make **HEALTHY CHOICES** for Life!

The Oliver Foundation 5535 Memorial Dr., Suite F., #256 Houston, TX 77007 713-862-7899 fax 713-862-7911