

## Bone Development

Bones growing in size and density.

### Diet

Important to have diet rich in **calcium** for example milk, cheese, yogurt (it is important to have **5 portions of calcium a day**) and **Vitamin D** for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

### Recommended Daily Allowance

**Calcium:** 1200 mgs daily

Ref: IOS 2023

**Vitamin D:** 600 iu daily (15 mcg)

Ref: FSAI, 2023

### Exercise

Moderate to vigorous intensity activity for at least **60 minutes every day** to include muscle-strengthening, flexibility & bone-strengthening exercise 3 times a week

**Examples:** running, climbing, gymnastics, team sports, racquet sports, dancing, hiking, ice skating, jump-rope

Ref: HSE National Physical Activity Guidelines for Ireland



Happy Bones 2023