

Bone Development

Bones growing in size.

Diet

Important to have diet rich in **calcium** for example milk, cheese, yogurt (it is important to have **3 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: 800mgs daily

Ref: [IOS, 2023](#)

Vitamin D: 400 iu daily (10 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 of appropriate exercise include running, climbing, gymnastics, team sports, racquet sports, dancing, hiking, ice skating, jump-rope

Ref: [HSE National Physical Activity Guidelines for Ireland](#)



Happy Bones 2023

4-10yrs