

# Osteoporosis begins in the teen years

About 95% of a young woman's peak bone mass occurs by age 20. Yet, up to 50% of girls age 4-18 years consume less than the recommended amount of calcium. Calcium is a key nutrient needed to build and maintain healthy bones. Beginning at age 9, girls (and boys) should include 1,300 mg of calcium in their diets by drinking milk or calcium-fortified plant milk and other calcium-fortified foods. Non-dairy sources of calcium include canned sardines and salmon with bones, tofu, pinto and soybeans, kale, chia seeds, and cabbage.

