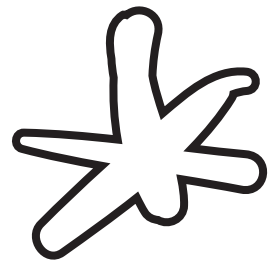
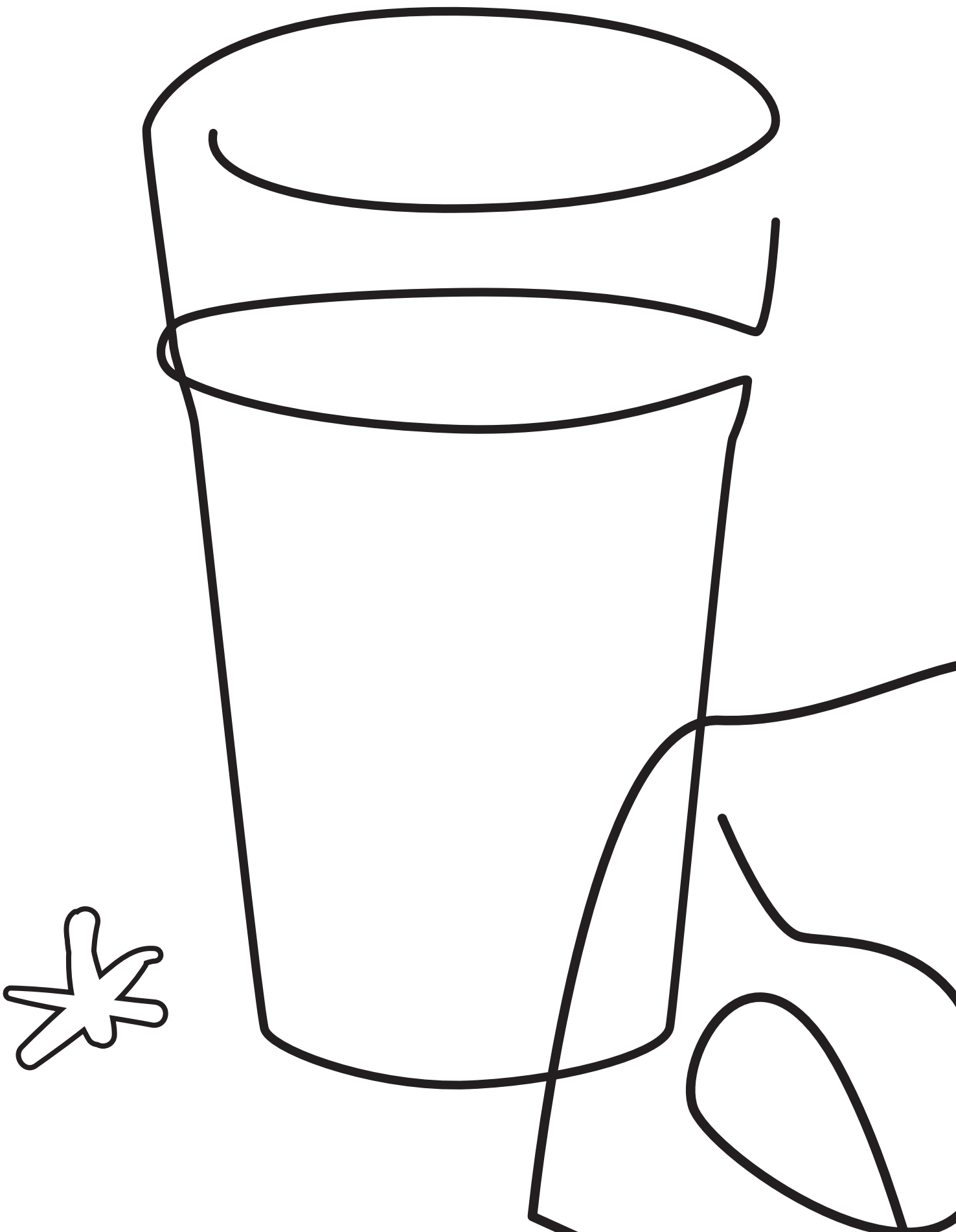


DISCOVER DAIRY



SIMPLE
ACTIONS
FOR STRONGER BONES





HEALTHY
BONES
ACTION WEEK

AUGUST
17-23



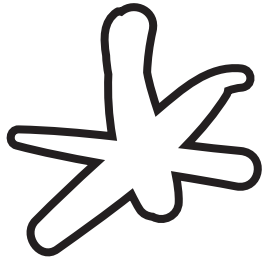
CONSUME

**Milk, cheese and
yoghurt for calcium**



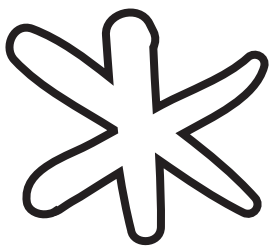
EXERCISE



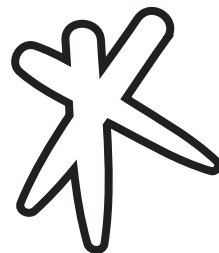
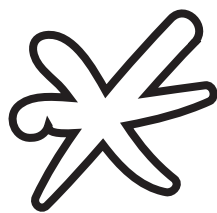


**Did you know...
dairy foods contain
protein for growth
and development and
healthy muscles?**

**Did you know...
that weight-bearing
exercises like running,
jumping and dancing
are good for
strong bones?**



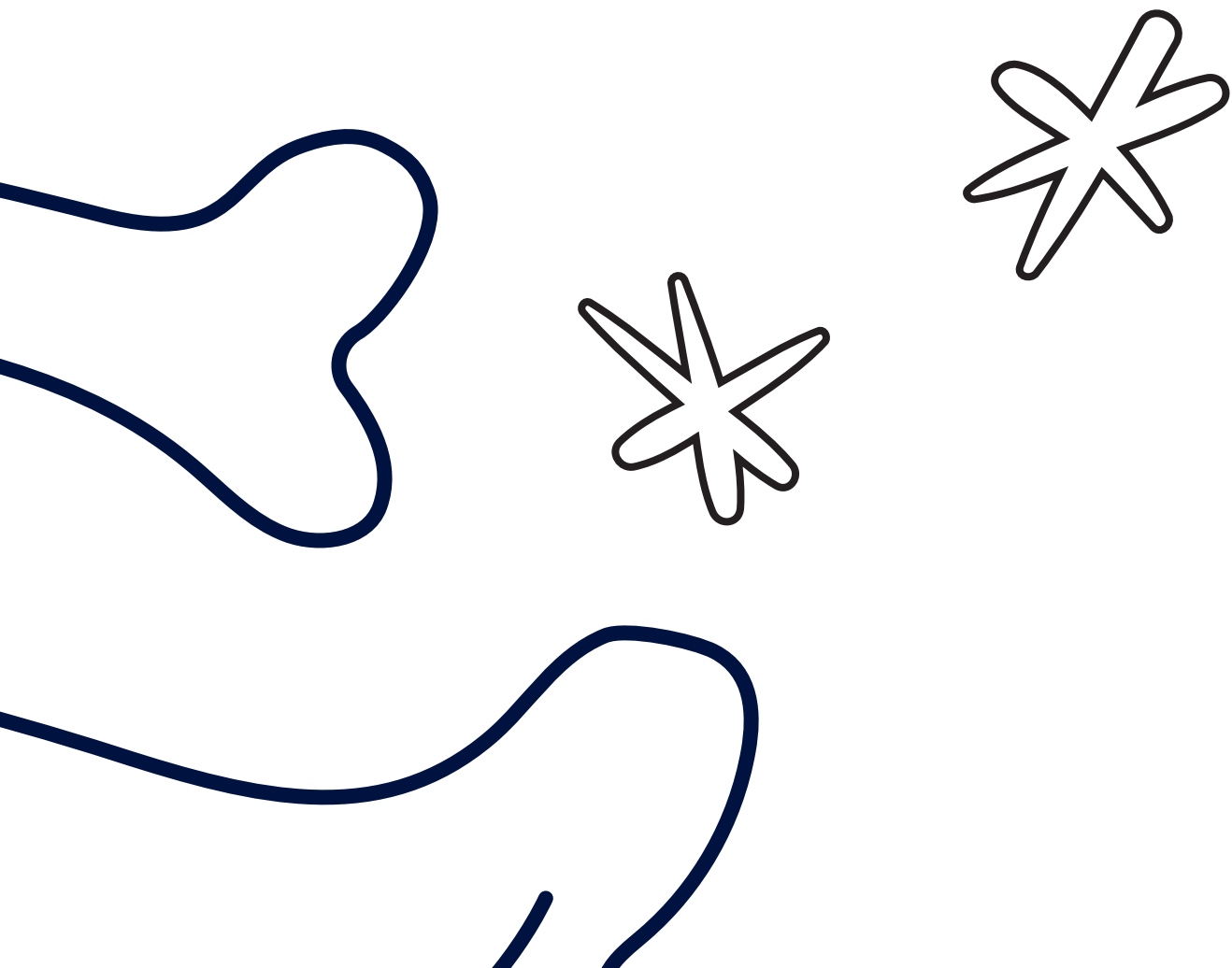
Do weight bearing exercise

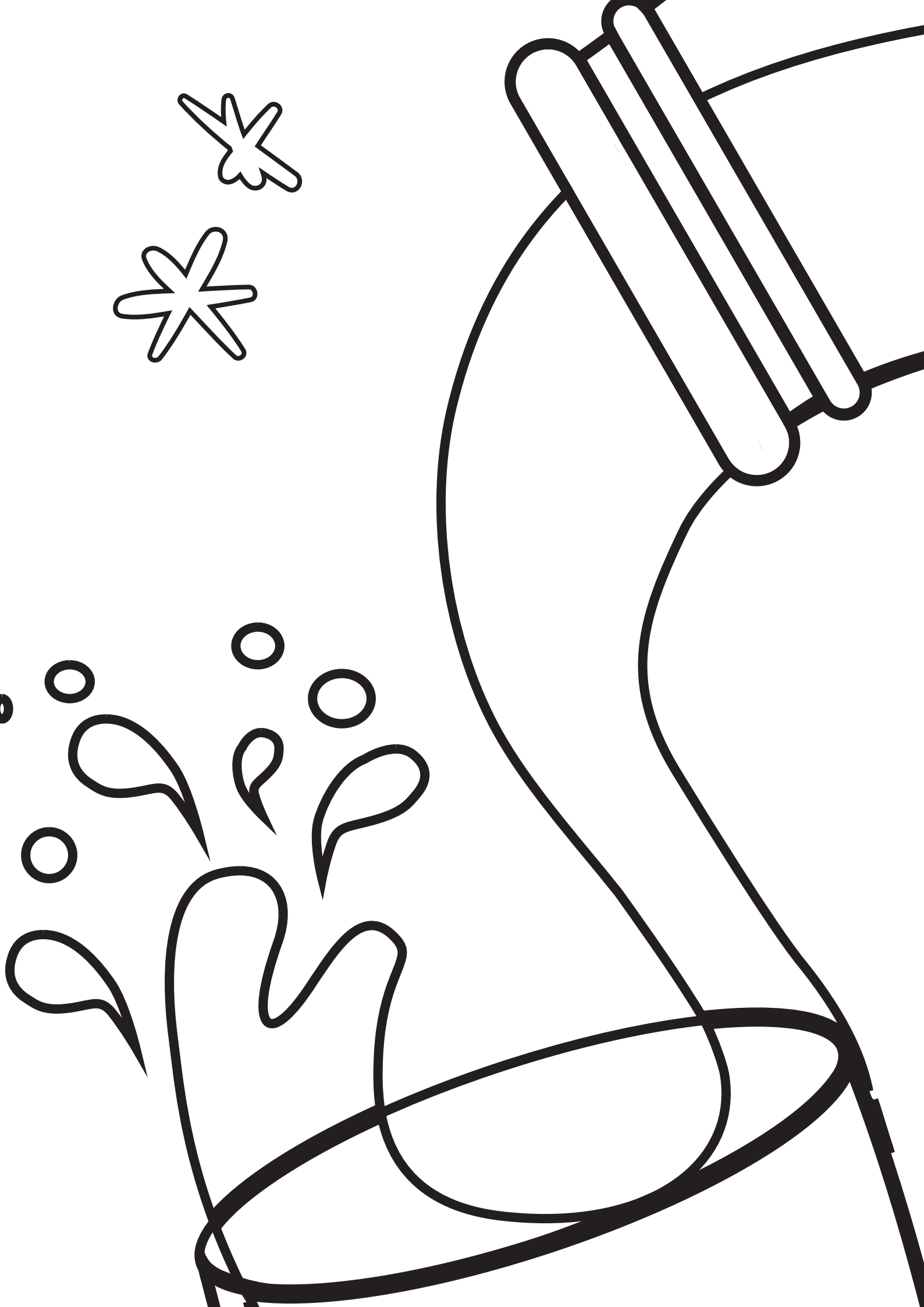




VITAMIN D

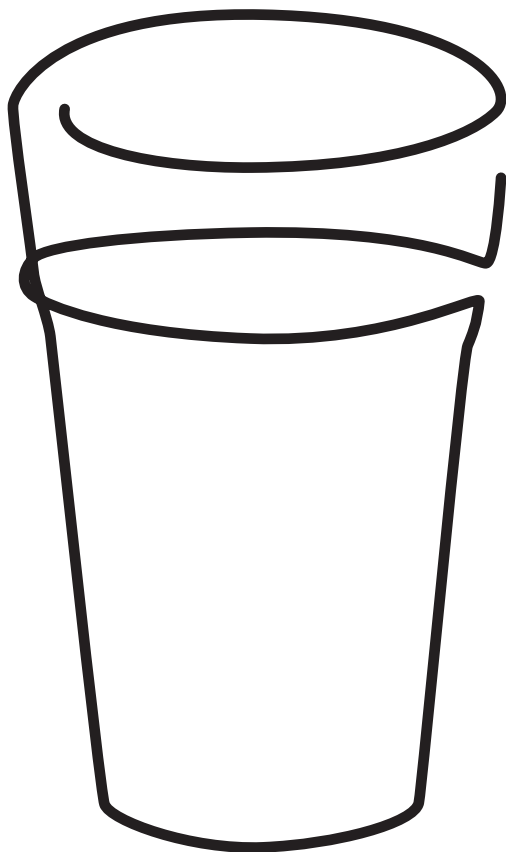
**Get safe sunshine
for vitamin D**





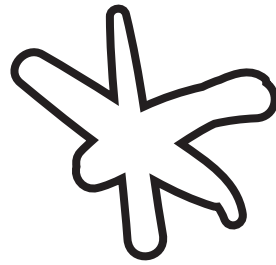
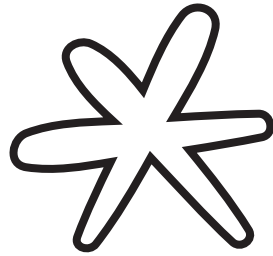
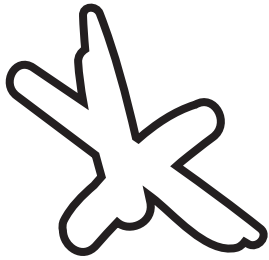
ONE SERVE

OF DAIRY IS EQUAL TO

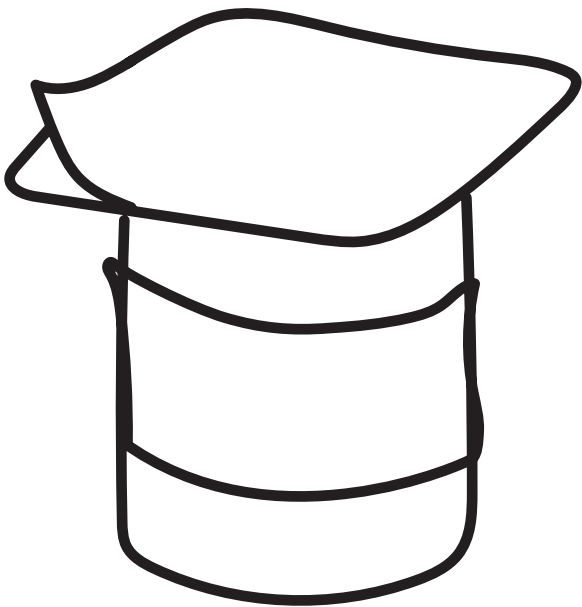


milk
1 cup
(250ml)

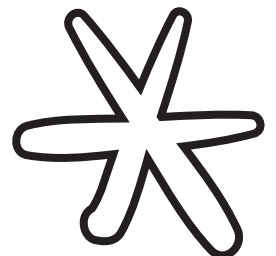
Depending on your age and gender, you need between 1½ and 3½ serves of foods from the dairy food group every day

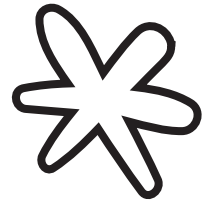
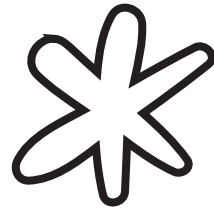
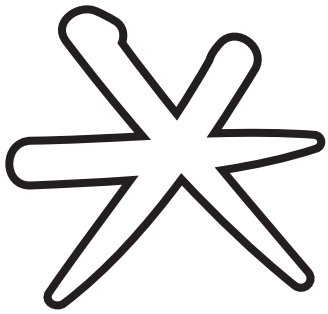
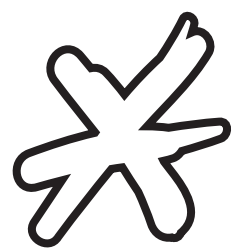


OR

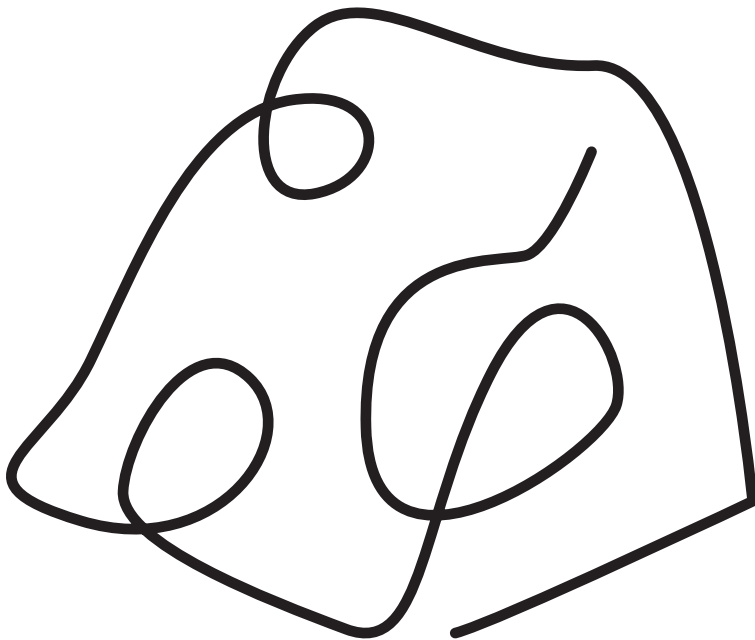


yoghurt
3/4 cup
(200g)

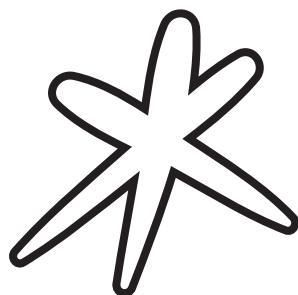




OR



cheese
2 slices
(40g)





Dairy
Australia

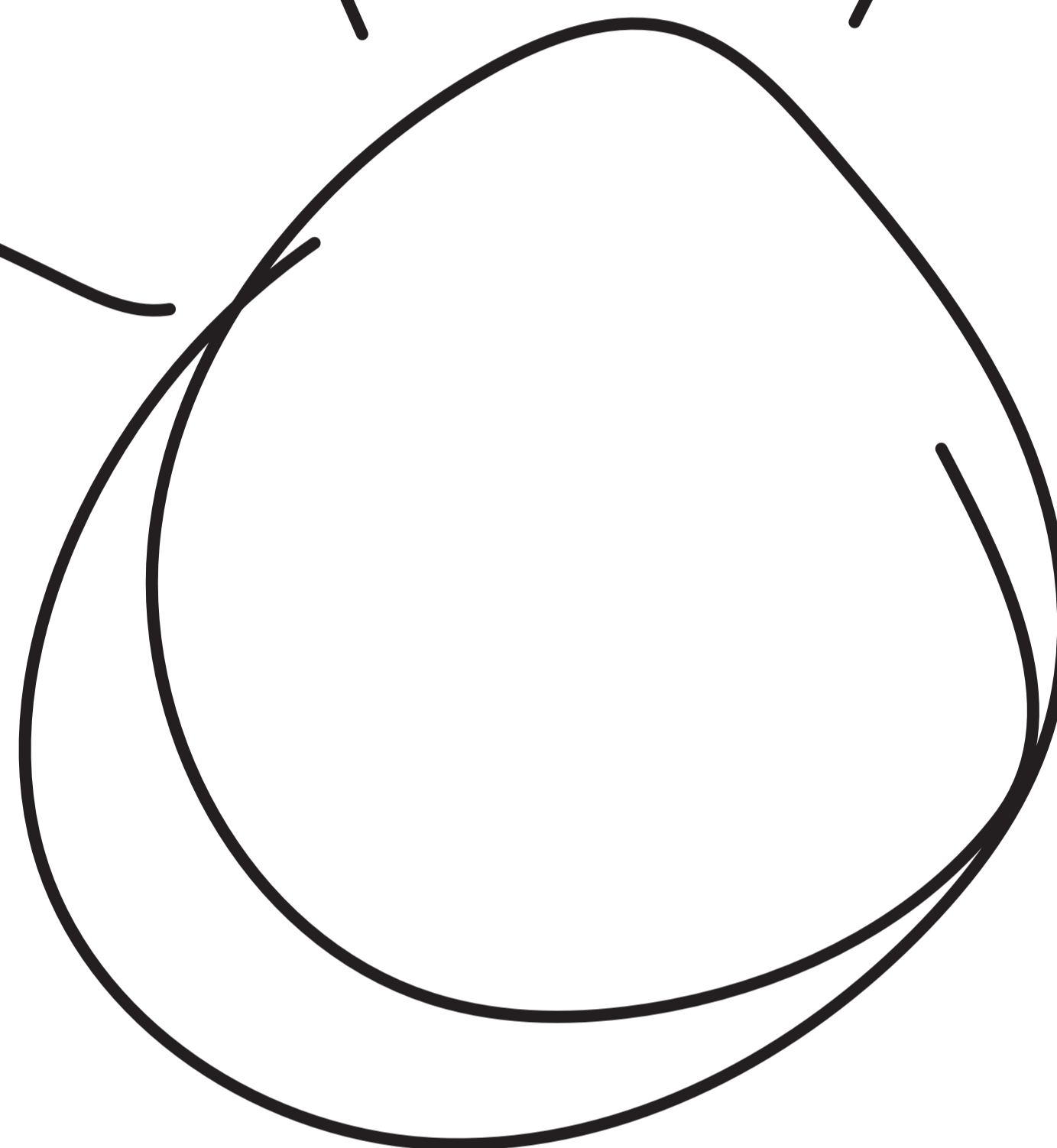
DISCOVER DAIRY

HEALTHY BONES ACTION WEEK

AUGUST 17-23

SIMPLE ACTIONS FOR STRONGER BONES

CONSUME
Milk, cheese and yoghurt for calcium

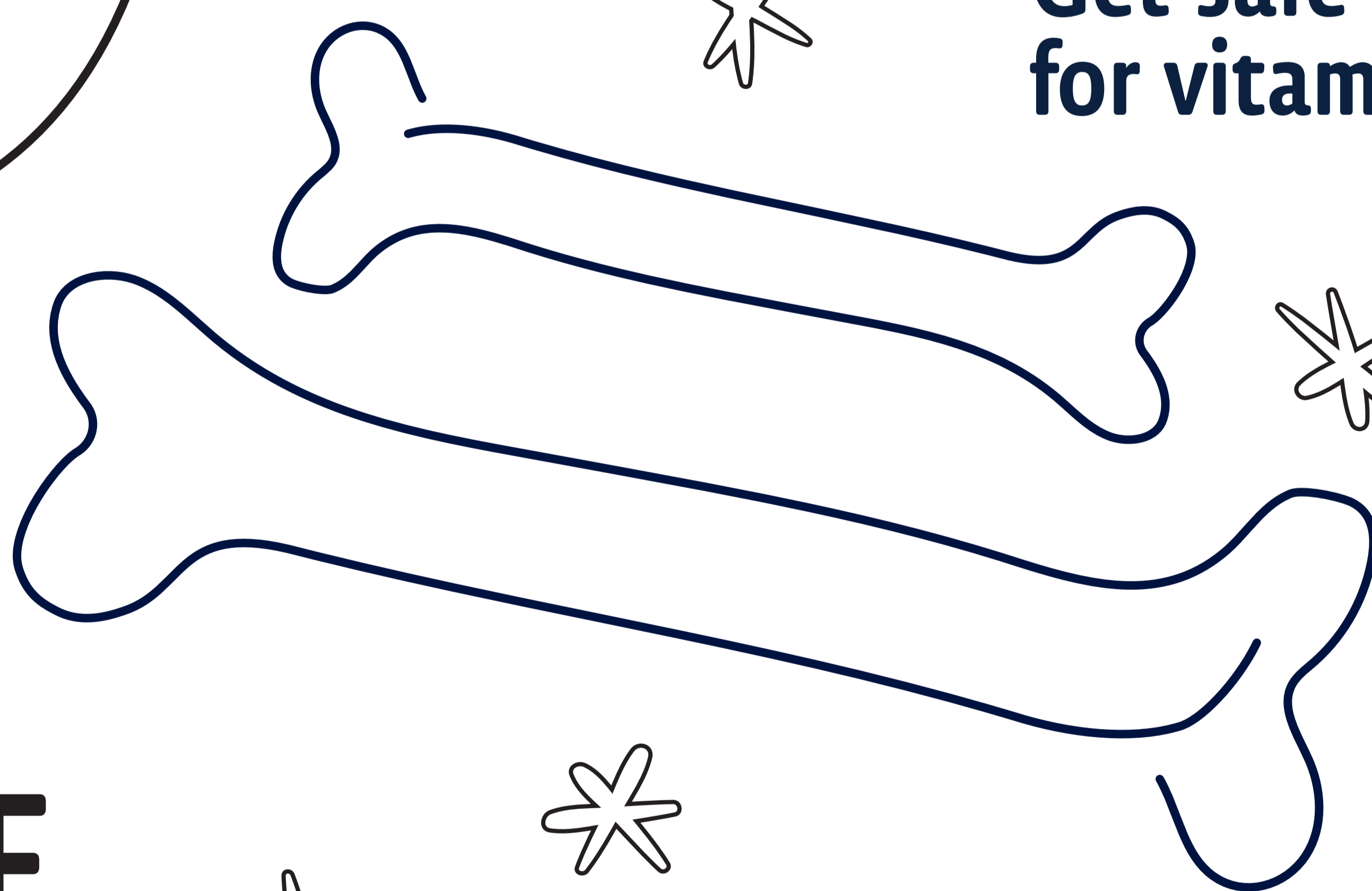


Did you know... dairy foods contain protein for growth and development and healthy muscles?

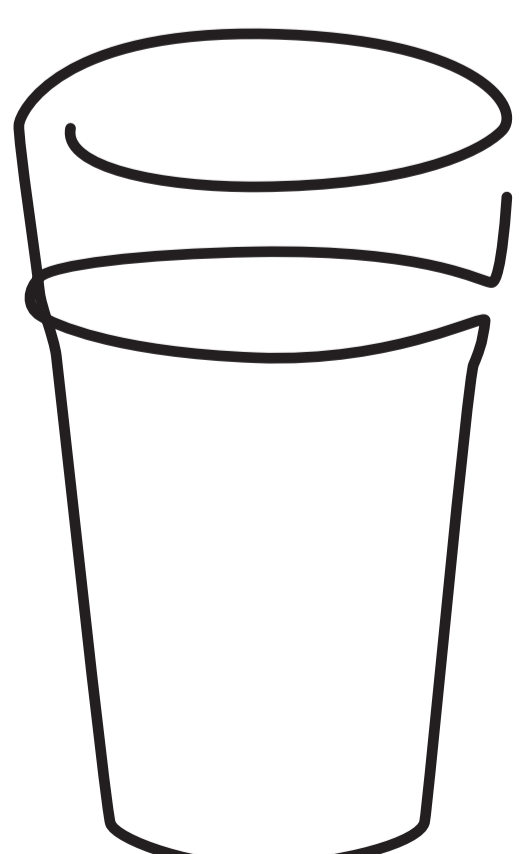
EXERCISE
Do weight bearing exercise

Did you know... that weight-bearing exercises like running, jumping and dancing are good for strong bones?

VITAMIN D
Get safe sunshine for vitamin D

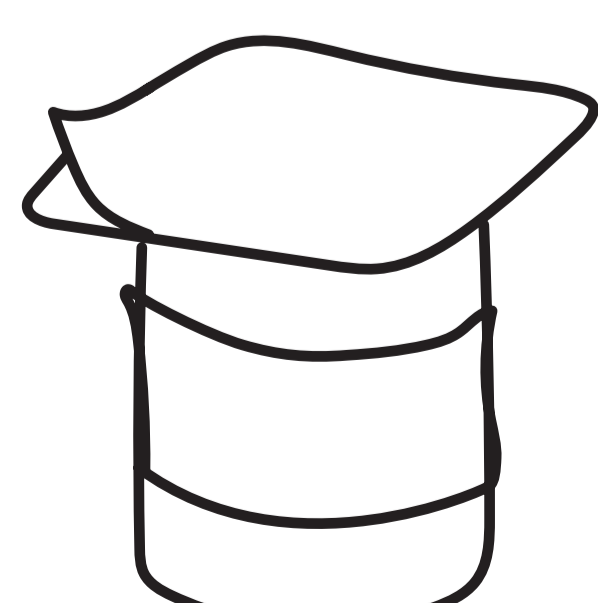


ONE SERVE OF DAIRY IS EQUAL TO



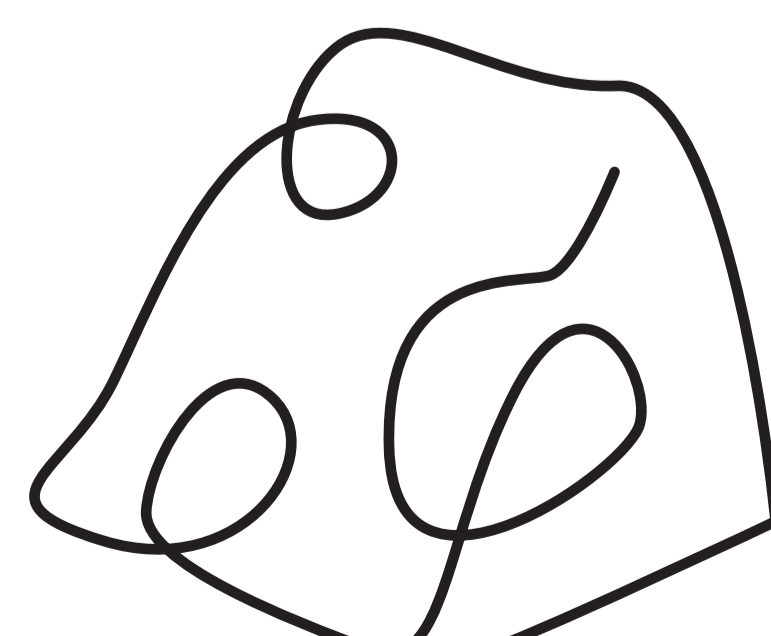
milk
1 cup (250ml)

OR



yoghurt
3/4 cup (200g)

OR



cheese
2 slices (40g)

Depending on your age and gender, you need between 1½ and 3½ serves of foods from the dairy food group every day