

## 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:** 1-4 yrs – 700 mgs daily    5-12 yrs 800-1300mgs daily

**Vitamin D:** 1-12 yrs 400 iu daily

### Exercise

**60 minutes a day**

Examples of appropriate exercise include football, running, playground equipment, skipping.



## 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:** 1300 mgs daily

**Vitamin D:** 400 iu daily

### Exercise

**60 minutes a day**

Examples of appropriate exercise include walking, badminton, jogging, dancing and stair climbing.



## Bone Development

Bones growing in density and strength.

### 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:** 1000 mgs daily

**Vitamin D:** 400-800 iu daily

### Exercise

**60 minutes a day**

Examples of appropriate exercise include walking, running, football and other team games, dancing and gym work.





## Bone Development

From 30-45 years adults are maintaining acquired peak bone mass. From 45 years of age natural bone loss is occurring. The priority now is to maintain bone to reduce rate of bone loss.

**Important - in menopausal women there is a rapid bone loss due to reduction in oestrogen.**

## 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:** 30-50 yrs 1000mgs daily, 51 yrs + 1200 mgs daily

**Vitamin D:** 30-50 yrs 400-800 iu daily, 51 years + 800-1000 iu daily



## Important

Bone Health medication should always be taken as prescribed.

## Exercise

**30 minutes a day**

Examples of appropriate exercise include walking, jogging, dancing and gym equipment.

## Bone Development

From 30-45 years adults are maintaining acquired peak bone mass. From 45 years of age natural bone loss is occurring. The priority now is to maintain bone to reduce rate of bone loss.

## 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:** 30-50 yrs 1000 mgs daily, 51 yrs + 1200 mgs daily

**Vitamin D:** 30-50 yrs 400-800 iu daily, 51 years + 800-1000 iu daily



## Important

Bone Health medication should always be taken as prescribed.

## Exercise

### 30 minutes a day

Examples of appropriate exercise include walking, jogging, dancing, golf, gar and gym equipment.

## Bone Development

Bone development occurs at a different rate in a person with an intellectual disability. This may be due to reduced movement, dietary intake, medical conditions and some medications.

## Diet

Important to have diet rich in **calcium** for example milk, cheese, yogurt, it is important to have **3** portions **for adults** or **5 portions** of calcium **a day for teenagers** and **Vitamin D** for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

## Recommended Daily Allowance

**Calcium** 1-4 yrs 700 mgs daily,  
5-12 yrs 800-1300 mgs daily, 13-19 yrs  
1300mgs daily, 30-50 yrs 1000 mgs daily,  
51 yrs + 1200 mgs daily  
**Vitamin D** 1-19 yrs 400 iu daily, 20-50 yrs  
400-800 iu daily, 51 yrs+ 800-1000 iu daily.



Visit [www.happybones.ie](http://www.happybones.ie)

## Important

Bone Health medication should always be taken as prescribed.

## Exercise

**60 minutes a day** for children teenagers and young adults depending on ability and **30 minutes a day** for adults again depending on ability. Examples of appropriate exercise include dancing, zumba, stair climbing, kick boxing, walking.

## Bone Development

Bone development at a different rate due to reduced mobility, some medical conditions and some medications.

## Diet

Important to have diet rich in **calcium** for example milk, cheese, yogurt, it is important to have **3 portions for adults** or **5 portions** of calcium **a day for teenagers** and **Vitamin D** for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

## Recommended Daily Allowance

**Calcium** 1-4 yrs 700mgs daily,  
5-12 yrs 800-1300 mgs daily, 13-19 yrs  
1300 mgs daily, 30-50 yrs 1000 mgs daily,  
51 yrs + 1200 mgs daily  
**Vitamin D** 1-19 yrs 400 iu daily, 20-50 yrs  
400-800 iu daily, 51 yrs+ 800-1000 iu daily.



## Exercise

**60 minutes a day** for children teenagers and young adults according to ability and **30 minutes a day** for adults according to ability. Examples of appropriate exercise include wheel chair basketball, wheel chair racing, weight training in gym, bocce.



## Bone Development

Natural bone loss with age – lower bone mass.

## Diet

Important to have diet rich in **calcium** – e.g. milk cheese yogurt, **3 portions a day**  
**Vitamin D** – e.g. eggs, oily fish, fortified cereals and milk and naturally from sunlight.

## Recommended Daily Allowance

**Calcium:** 1200 mgs daily

**Vitamin D:** 800-1000 iu daily

## Important

Bone health medication in older adults living in residential care settings with osteoporosis should always be continued as prescribed.



## Exercise

**30 minutes 3 times a week** or in sessions of **5-10 minutes daily** depending on ability. Examples of appropriate exercise include short walks, chair exercises gentle weights, resistance training with exercise bands.