



Horizons

A publication of Purdue Extension Hamilton County

2003 Pleasant Street
Noblesville, IN 46060-3697
317-776-0854
www.extension.purdue.edu/county/hamilton



December 2024

EXTENSION EDUCATORS

Susan L. Peterson
HHS
County Extension Director
speterson@purdue.edu

Kathleen J. Bohde
4-H Youth Development
bohde@purdue.edu

Courtney Lockwood
ANR
tate9@purdue.edu

PROGRAM ASSISTANTS

Bernie Huber
Program Assistant, HHS
bchuber@purdue.edu

Lisa Hanni
Program Assistant, ANR/4-H
lahanni@purdue.edu

Kristen Yutzy
Program Assistant
kyutzy@purdue.edu

SUPPORT STAFF

Maggie Herrington
Office Manager
mherrington@purdue.edu

Kris Grinstead
Administrative Assistant/
Bookkeeper
krisgrin@purdue.edu

Georgia Marshall
Receptionist/Secretary
glmarsha@purdue.edu

Alex Walther
Social Media & Communications
@purdue.edu

Dear Extension Homemaker,

Happy Holidays! As we look back on our year with Extension Homemakers, we have much to celebrate and much to look forward to in 2025. I cannot tell you enough how much we appreciate all that you do for Hamilton County families with your volunteer efforts. You lead with grace and professionalism and continue to look for ways that we can grow. Enclosed, we hope you find some helpful hints as you go through this time of year. As you plan for the new year, I hope that you can take time for yourself and focus on your health and well being.

Have a wonderful season of merry moments including time spent with family and friends. My very best wishes to you and your family for a beautiful new year.



Susan

Susan L. Peterson
Extension Educator,



Dear Friends,

The holidays are upon us and I bet you are preparing for family or friend gatherings. It's a great time to reflect on the many blessings in our lives. I hope you are able to enjoy all the special people in your life and live in the "present."

My suggestion is to use the winter months to create exhibits for the 2025 county fair, dream up a unique "placemat" for cultural arts and then enter it in the Food & Craft Show, or find a community service project that interests you. You may even include the family.

Take time to share the scholarship opportunities available through Extension Homemakers and IEHA with people you know. Wouldn't you LOVE the money to go to someone in your circle?

This issue of *Horizons* contains holiday hotlines, ideas for gift "experiences," managing family stress, dates on the turkey, ways to be active throughout your life stages, and bone health.

Enjoy everything about the season.



Bernie Huber
Program Assistant



Calendar 2025

January 7	Board/Council Meetings	9:30 & 10:30 a.m.
January 20	Office Closed - Holiday	
February 4	Board/Council Meetings	9:30 & 10:30 a.m.
February 5	Educational Lessons	
	<i>Meals from the Gas Station</i>	10:00 a.m.
	<i>Saving Money With Freezer Meals</i>	11:15 a.m.
February 17	Office Closed - Holiday	
March 4	Board/Council Meetings	9:30 & 10:30 a.m.
March 12	Educational Lessons	
	<i>Reducing Stress Through Gardening</i>	10:00 a.m.
	<i>Container Gardening</i>	11:15 a.m.
April 2	Spring District Meeting - Hamilton County hosts	

A Message from the **PRESIDENT**

Hello to all my Hamilton County Extension Friends. I hope you all have fantastic Thanksgiving and Christmas gatherings. I pray you are blessed with many family members, friends who are like family, and good friends this holiday season. Be safe wherever you travel for gatherings.

I hope most of you had the opportunity to attend the Candyland holiday event. It was fabulous. Thank you so much to Sally Thieme and her committee. It was exciting to see many of our new members, in attendance.

Please don't forget to keep track of the time and funds you donate this holiday season for volunteer hours.

I look forward to the new year and all that we Extension Homemakers will achieve.

Gloria Del Greco

Indiana Extension Homemakers in the community

How can we be so connected in today's world and still feel isolated? Indiana Extension Homemakers put the real "face time" back in our communities. Fun-filled educational meetups and volunteer opportunities bring friends together to strengthen Indiana families. The state association (IEHA) consists of nearly 6,000 active members in 78 counties of Indiana endeavoring to improve the greatest institution in the world—"the HOME".

For more information on the state organization, visit www.IEHA-families.org.

As an Extension Homemaker you have opportunities to:

LEARN

- Meet with friends and neighbors in educational and social settings.
- Share experiences and information on family living and special interests.
- Keep up-to-date on new knowledge and research.

GROW

- Experience personal growth and develop skills.
- Form lasting friendships while sharing leadership responsibilities for programs and projects.

CARE

- Make a difference in today's world.
- Support projects that help children and families live better lives.



Save the Date

May Tea

May 7, 2025
6:00 p.m.



Cultural Arts Voting

(get your crafts ready over the winter)

1. Quilts
2. Needlework
3. Knitting/Crochet
4. Miscellaneous Crafts
5. Placemat



You can always get a copy of this newsletter by email, Not only would you get it quickly, but you could see it in FULL COLOR and decrease paper waste.

To receive it electronically:
-e-mail Bernie (bchuber@purdue.edu)
OR
-contact the office at 317-776-0854

Holiday Hotlines

Butterball Turkey Hotline
1-800-288-8372

www.butterball.com/turkey-talk-line

Fleishmann's Yeast Hotline
1-800-777-4959

www.breadworld.com

General Mills & Betty Crocker Hotline
1-800-248-7310

www.bettycrocker.com

Kraft Foods
1-877-535-5666

www.kraftrecipes.com

Land O' Lakes Holiday Bake Line
1-800-782-9606

www.landolakes.com

Nestle Bake Line
1-800-225-2250

www.nestleusa.com

Reynolds's Turkey Tips Line
1-800-433-2244

www.reynoldskitchens.com

USDA Meat and Poultry Hot Line
1-888-674-6854

www.fsis.usda.gov

Candy Land Winter Bash 2024



Peppermint Forest
part of the game



Queen Frostine
(Bernie Huber, program assistant)



Decorating volunteers
blowing up balloons



Monte Ray members at the castle



Barb Hayes dressed the part.

Thank you.....

-Sally Thieme and the
committee for a very
fun and entertaining
evening.

-Hoosier Heritage Farm
for the delicious turkey
and ham.

-Terry Chesky at
Elizabeth Arden for the
make up bags



East Wayne in the photo booth



A Matter of Balance is a fall prevention program that encourages cognitive restructuring. It is designed to reduce the fear of falling and increase activity levels among older adults.

Look for a new class soon in Hamilton County.



Silvernotes Choral Club Schedule

December 7 - Hendricks County Holiday Program
2:30 p.m.
200 West Main Street, Plainfield, IN
We will open with a 45 minute show.

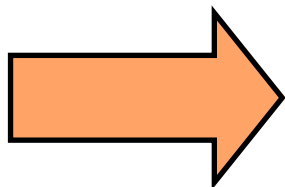
December 12- Jim Dandy in Noblesville
5:00 - 6:30 p.m.

December Union Church Noblesville
19090 DeShane Ave, Noblesville
5:30 p.m.

Questions?:

Diane Stanton, director
pianogal5004@yahoo.com

We have a
new club!



CULINARY CLUB

The Culinary Club of Fishers provides members with a chance to socialize, encourage their creativity, and enhance their cooking abilities by preparing meals alongside friends.

WHEN: Mark your calendars for the last Tuesday of each month
WHERE: Swing by the kitchen at Cornerstone Lutheran Church Fishers
TIME: 6-9pm
COST: Membership is \$15 a year for all the fun!

Come hungry! The night concludes with a delicious dinner

Contact Sally Thieme at 317-250-9524 or sally.thieme@gmail.com. or Olivia Thieme at 765-621-3996 or olandes1025@gmail.com

A specialty club of the Indiana Extension Homemakers of Hamilton County



Hamilton County Homemakers website page <https://puext.in/hamcohomemakers>

Facebook page - search for Hamilton County IN Extension Homemakers
<https://www.facebook.com/HAMILTONCOUNTYEXTENSIONHOMEMAKERS>

LET US KNOW WHAT YOU WOULD LIKE TO SEE.

***Share photos, stories, and articles with Candy Voit, Public Relations
Contact information in the program booklet, p. 29***

**Use the winter to start
working on fair exhibits.**

Flower Show 2025

"Bird's Eye View"

Start looking at what flowers you will have
in your garden for the summer show.

(July 17 - 18)

Demonstrations on houseplants and flower
arranging next year. More to come.

*2025 Food & Craft Show
committee has not yet met.*

Stay Tuned .

(July 19 - 21)



After the holidays, please donate
your gently used cooking, garden-
ing, sewing, quilting, holiday, craft,
travel, decorating,
CHILDRENS, or woodworking books
for the sale.

We may include a daily story time
at the sale table next year.



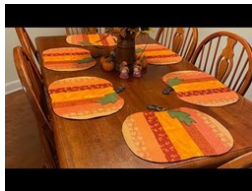
Cultural Arts - Voting at May Tea

Special Project - 2025 Single Placemat

-Made by a homemaker

-Up to 14 x 20 inches in size

-Any medium



The other Cultural Arts categories will remain the same:

Quilts – full sized quilts, crib/baby quilts

Needlework – needlepoint, counted cross stitch, embroidery, crewel embroidery

Knitting/Crochet – any knit or crochet product

Crafts/Miscellaneous – all items not included in one of the above categories

First Timer Award

Win \$\$\$\$ to attend Home & Family Conference

If you have never attended this conference, this is an opportunity to receive compensation for the registration fee for the conference. Home and Family Conference will be close by next year at **Hamilton Town Center** on June 2, 3, and 4, 2025. It is a three day conference filled with educational sessions, fun activities and motivational speakers. It is also an opportunity to enjoy the company of other Extension Homemakers from your own county and throughout the state of Indiana.

Our county will choose one First Timer. That application is forwarded to the District. If our candidate wins at the district, our county will select another candidate which will then give two homemakers in our county the opportunity to attend the conference. We usually only have one or two apply for this award so your chances of winning are good. We encourage all first timers to apply! Applications are available in the Extension Office.

RETURN APPLICATION TO:

Bernie Huber
Purdue Extension Hamilton County
2003 Pleasant Street
Noblesville, IN 46060

You will be asked to write a short essay of 200 words or less on the topic:
"Why I Want to Attend Home and Family Conference."

Deadline to our office: March 1





SHARE THIS INFORMATION WITH
FAMILY, FRIENDS AND NEIGHBORS



SCHOLARSHIP OPPORTUNITIES

<https://ieha-families.org/forms-and-applications/scholarships/>

Ruth B. Sayre Scholarship for Women

The Indiana Extension Homemakers Association is offering a \$500.00 scholarship sponsored by County Women's Council, USA. The Ruth B. Sayre Memorial Scholarship is offered for the purpose of fostering the educational development of women. The scholarship is offered to women who wish to further their education, show a financial need and a potential for leadership. Applications are available at the local County Extension Office throughout the state.

Applications are due March 1.

Continuing Education Scholarships

The Indiana Extension Homemakers Association awards eight Career Advancement Scholarships of \$500.00 each to Indiana women aged 25 and over who wish to further their education, leadership, and community volunteerism by completing their education or upgrading vocational skills. IEHA Scholarship applications are available at the local County Extension Office throughout the state.

Applications are due March 15 to the State Committee.

Steps to Success

The Indiana Extension Homemakers Association has a vocational/technical scholarship for persons seeking an industry certification in the chosen field of a two-year program. Five \$500 scholarships will be awarded. Scholarship applications are available at the local County Extension Office throughout the state.

Applications must be postmarked by May 1 to be considered.

Health and Human Science Scholarships

The Hamilton County Extension Homemakers Association is offering scholarships to Hamilton County students who major in a Health and Human Sciences related field such as: Foods and Nutrition; Family and Consumer Science Education; Interior Design; Textile and Clothing Design; Hospitality and Tourism; Child Development and Family Studies; Consumer Science and Retailing; Elementary Education; Nursing; Fitness & Health; Speech, Language & Hearing, or Health Sciences. Scholarships are offered to graduating seniors or undergraduate students. Past winners must reapply each year.

Applications are due April 1

Sharon Piper Memorial Scholarships

The Silvernotes Choral Club is offering a \$1000 scholarship in memory of Sharon Piper to one Hamilton County graduating senior who meets the following requirements: 1) is pursuing further education with either a major or minor in music; and 2) has maintained a C grade average or greater.

Application deadline: March 1.

**Scholarship applications may be obtained through the
Purdue Extension Service Office 317-776-0854 or online at:**

<https://extension.purdue.edu/county/hamilton/>

Holiday Gift Giving - Give the Gift of an Experience

The pink bunny suit. If you've ever watched the movie "A Christmas Story," you know the scene well. Ralphie receives a gift from his great aunt Clara – the dreaded pink bunny costume. We've all experienced it – a gift that we don't really need (or want). Many of us have probably given a similar gift. Finding the perfect gift for family and friends is challenging and stressful, especially for those people in your life who have everything. So, how can you shake up your gift? Consider giving an experience.



Many studies have shown that material possessions do not equal happiness, and that experiences are much more intrinsically fulfilling than things. Researcher Thomas Gilovich at Cornell University has spent more than a decade trying to understand why experiences could contribute to happiness more than material purchases. Another researcher, Matthew Killingsworth, who published an article in the Journal of Psychological Science found that experiences provide more lasting happiness than material possessions. They concluded that people tend to be less happy with material purchases over time, and happier with experiences. They note that this is likely because we adapt to physical things, so even the nicest car or newest phone becomes commonplace after time, while we tend to grow fonder of memories over time."

To help create those memories, consider giving the gift of an experience. Maybe it's a golf lesson or a gym membership. Gifts could include cooking classes or a stained glass-making course. If the person you are buying for is adventurous, you might purchase a scuba diving class or whitewater trip. Perhaps you want to give a gift to new parents; consider a night of babysitting so that the couple can enjoy a night out. There are so many great options to consider. And, they will remember these gifts for years to come.

Gift Ideas

- Learn a new skill: Painting, stained glass-making, pottery, cooking, flower arranging or dance classes
- Sports: Golf lessons, gym membership, tickets to a game, time at the batting cage
- Spa day: Manicure/pedicure, massage, hair treatment, wine and cheese tasting
- Music/Arts: Orchestra tickets, guitar/piano lessons, subscription to Pandora or iTunes
- Educational: Passes to art or history museums, science/nature center, trip to the zoo
- Family fun: Tickets to an escape room, theatre, sporting event, local attractions or movie; night out bowling, ice skating, vacation
- Outdoor adventure: Rock climbing, horseback riding, boating course, ski pass
- For fun: Beer or wine making kit
- Adventure: Scuba diving class, skydiving, mountain biking pass
- Memberships: Amazon Prime, gaming, or anything they like to do online (gaming)
- Gift of help: Meal delivery service, house cleaning service, offer to babysit
- Gift Cards: Gas, groceries, a new restaurant, Amazon, Xbox

By [Andrea Hoover](#), WVU Extension Family & Community Development Agent – Greenbrier County

Managing Stress in Young Families

Managing Time and Money

Maria dreads another week of rushing to child care, work, and home just in time for the chaos of supper and bedtime. Even with Pedro's extra late-shift job they aren't keeping up with the bills.

Many young people feel they don't have enough time and money. Often families need two paychecks to pay the bills. When both adults work outside the home, the time available to meet family needs is limited. No one formula works for managing time and money.

Tips to Manage Time and Money

- Set priorities, identify goals. Agree what is most important right now, and where you want to be in 1, 5, or 10 years.
- Use your goals and priorities to make decisions about how you will use money and time.
- If an activity is not consistent with your goals, do not accept it.
- Be realistic about what you can and cannot do. Plan for interruptions, especially those that will occur with young children.
- Plan ahead to spend money and time. Plan a cushion for unexpected expenses.
- Save now for retirement. Regular savings, as little as \$10 a month, begun when you are 25 will result in more money than a much larger amount saved when you are 50.



Robyn is getting a promotion at work! The extra money will help her husband, Tim, finish his training program. But more weekend and evening work will mean less time to spend with four-year-old Janie and six month-old Pete.

Stress and conflict

An overload of daily demands and times of real crisis can cause tension in your family. You can take charge by resolving conflicts with others.

- Create a quiet time to talk. Conflicts can't be resolved when you're stressed for time.
- Ask each other's opinions—good ideas grow from listening to each other.
- Be empathetic. Try to understand how the other person feels.
- Listen well and be clear about your feelings.
- Work on one goal at a time. What do you want to do or change?
- Look for humor every day.
- Show appreciation to the people you care about.

Eat Well. Be well.

Eating well and daily physical exercise can help you and your children feel good—physically and mentally.

- Enjoy your food, but eat less
- Avoid oversized portions
- Make half your plate fruits and vegetables
- Make half your grains whole grains
- Switch to fat-free or low-fat (1%) dairy products
- Choose foods lower in sodium
- Drink water instead of sugary drinks
- Choose lean meat and poultry
- Visit [MyPlate.gov](https://www.MyPlate.gov) for dietary guidelines.

Smart Snack Strategies

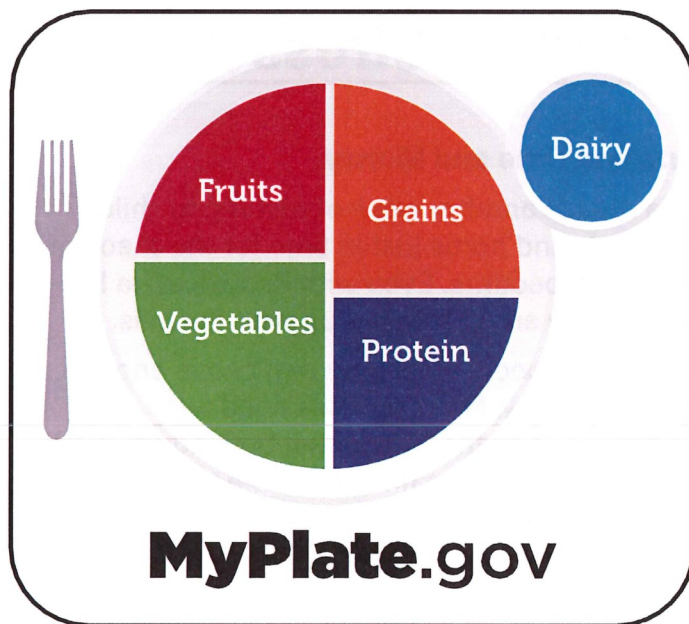
Plan food at home

Fill your cupboard and refrigerator with healthy food choices:

- whole grain crackers
- dried fruits
- unsweetened cereal
- pudding cups
- grapes
- baby carrots
- cheese cubes
- fruit cups
- mini-bagels
- boxes of vegetable or fruit juice

Plan snacks as part of daily food choices

- Provide snack choices from several food groups
- Schedule regular snack times and amounts; don't let children nibble constantly during the day



Be a label detective

- Limit convenience-type snacks that are high in sugar, fat, and salt and use excessive packaging

Create snack stations

- Package your own ready-to-go snacks
- Allow children to make their own snacks

Provide chef-in-training opportunities

- Let youngsters help pick out fruits, vegetables, and cheeses when shopping
- Include children in snack food preparation
- Use snacks to introduce new foods

Bottom line

- Healthy snacks supply energy and help meet a child's daily nutrition requirement
- Do-it-yourself snacks help children practice independence

Revised by Kimberly Greder, professor and extension specialist, and Diana Baltimore, lecturer, department of human development and family studies, Iowa State University. Originally prepared by Mary Winter.

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FUN FACT....

If Stove Top stuffing is going to make an appearance at your holiday meals this year, you can thank Purdue alumna Ruth Siems, a 1953 home economics graduate credited with its invention. She worked at General Foods as part of their research and development staff. (Purdue University photo)

If It's Past the Date, Is My Turkey Safe to Eat?

Let's crack the code on turkey dating!

SELL BY

- Date indicates how long the store can display the turkey for sale.
- It's not a safety date, but always buy the turkey before this date expires.

BEST IF USED BY

- Recommended for best flavor or quality.
- You can keep fresh turkey, unopened, in the fridge until that date.

USE BY

- Last date recommended by the turkey manufacturer for use while at peak quality.
- You can keep fresh turkey, unopened, in the fridge until that date.

FREEZE BY

- Date indicates when the turkey should be frozen to maintain peak quality. This is not a purchase or safety date.
- A frozen turkey can be kept safe in the freezer indefinitely. For best quality use within 1 year.



Food Safety and Inspection Service
U.S. DEPARTMENT OF AGRICULTURE

being active

Lesson 3: Walk Your Way to Fitness

Walking is the single most popular adult exercise in this country.

And why not? It's safe, easy, and cheap. Best of all, it makes us look and feel great. Studies show that a regular schedule of brisk walking has several benefits:

- Improves circulation and helps heart and lungs work more efficiently.
- Burns calories to help lose extra pounds or maintain ideal weight. An average 150-pound person walking at a speed of about 2 miles per hour will burn about 240 calories in an hour.
- Eases tension. You can walk to think—or walk to not think.
- Boosts energy.

What makes a walk a workout?

The short answer is pace and time or distance. When you are walking to exercise, you don't stroll or stop to window shop. After an initial warm-up, you move out at a steady pace that is brisk enough to make your heart beat faster and to cause you to breathe more deeply. Walking needs to be done for at least 30 minutes if your body is to achieve any "training effect."

Use the "talk test"

Benefits are highest when you walk as briskly as your condition permits. The "talk test" can help you find the right pace. If you are too breathless to talk, you're going too fast. If you develop dizziness, pain, nausea, or other unusual symptoms when walking, slow down or stop. If your problem persists, see your physician before walking again.

Fitness cannot be stored.

Walking speed is less important than walking time and frequency. Most authorities recommend exercising at least **five times weekly**.

Wondering what to wear?

Choose shoes that are comfortable and provide good support. Cushioned shoes with a slightly elevated heel and arch supports are preferable. Good running shoes are good walking shoes. Select loose, comfortable clothes for your walks. In cold weather, it's better to wear several layers of light clothing than one or two heavy layers. The extra layers help to trap heat, and they are easy to shed if you get too warm. At night, wear light-colored clothing or a reflecting band. To maintain the proper body heat, always wear a cap during cold weather.

Walk with style

These tips will help you feel (and look!) better during and after your walking jaunts:

- Keep your head erect and back straight. Let your arms swing loosely at your sides.
- Stay relaxed, breathe deeply, and take comfortable steps.
- Always land on your heel and roll forward, finally pushing off the ball of your foot. Walking flat-footed or on the balls of your feet may cause fatigue or soreness.
- Toes should point straight ahead. "Toeing-in" and "toeing-out" are inefficient ways of walking and may aggravate or contribute to leg/hip joint problems.
- Always warm up (and cool down) with 5 minutes of slow walking. Stretch slowly afterwards to improve flexibility and reduce the likelihood of muscle soreness.
- Monitor your speed with the "talk test."
- Walk safe. Watch for dogs, cars, and bicycles. Face oncoming traffic. Do not assume drivers see you.
- Compete only with yourself. Individuals of similar ages and build vary widely in their capacity for exercise. Focus on steadily improving your own performance, not walking farther or faster than someone else.

THE CONNECTION BETWEEN NUTRITION AND BONE HEALTH

Diet can play critical roles in building and maintaining good bone health for people at every life stage—from infancy through older adulthood. Building your child's "bone bank" is like saving for their education. Investing in good nutrition now will pay off with stronger bones in the future.

Too many Americans fall short of getting the important nutrients they need every day and that can lead to bone loss, low bone density and even broken bones.

BONE BASICS

Bones are living, growing tissue. They stay healthy through a constant process of repair and rebuilding. Good bone health begins in childhood but continues throughout our lives. In childhood, we build bones. As we age, the remodeling process can become unbalanced. More old bone is removed, and less new bone is created. It's never too early or too late to improve bone health. Osteoporosis prevention should begin in childhood and continue throughout life.



WHAT IS OSTEOPOROSIS?

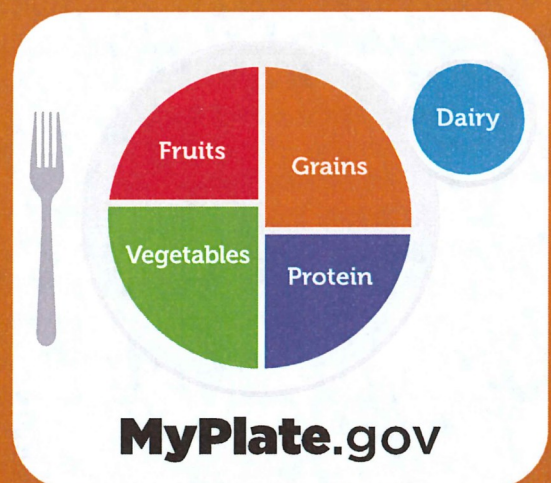
Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. This makes bones weaker. Approximately 54 million Americans have osteoporosis or low bone mass (also known as osteopenia).

When bones become fragile, they may break from a fall—or from a sneeze or minor bump.

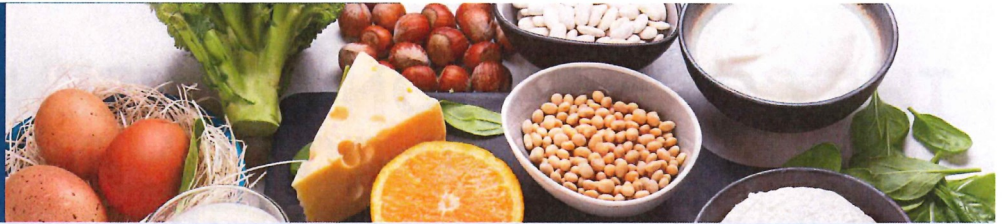
Bones in the hip, spine, or wrist are most likely to break, but other bones can break too. Breaking a bone can cause serious complications, especially with older adults. In addition to causing pain, spinal fractures may cause height loss, leading to a stooped or hunched posture. A hip fracture may lead to long-term disability.

EAT HEALTHY TO BUILD AND MAINTAIN STRONG BONES

- ✓ Eating a well-balanced diet with plenty of dairy, fruits, vegetables, and protein may provide enough of the nutrients needed to build and maintain strong bones. Check out the MyPlate Plan to learn how much you need from each food group.
- ✓ Two of the most important nutrients for bone health are calcium and vitamin D. Calcium is an essential building block for bones. Vitamin D helps the body absorb calcium. Calcium and vitamin D requirements vary by age and sex.
- ✓ Other nutrients in a healthy diet also help to maintain bone health throughout the lifespan.



CALCIUM-RICH FOODS



In addition to building bones and keeping them healthy, calcium enables blood to clot, muscles to contract, and the heart to beat. About 99% of the calcium in the human body is in the bones and teeth.

Fortunately, there are many foods that are good sources of calcium (and other healthy nutrients). Dairy foods, such as milk, yogurt, and cheese are high sources in calcium.

For those with lactose intolerance, lactose-free dairy offers the same nutrients as milk, just without the lactose. Fortified soy milk can match the nutrition in dairy milk, and other plant-based milks may also be fortified with calcium. Be sure to read the label. Cheeses such as Cheddar, Colby/Monterey Jack, Mozzarella and Swiss contain minimal amounts of lactose. Yogurt's live and active cultures help to digest lactose. Greek and Icelandic yogurts have even less lactose because of the straining process. Certain green vegetables and other foods like tofu, sardines, and canned salmon also contain calcium. Some juices, breakfast foods, plant-based milks, cereals, snacks, breads and bottled water have added calcium.

Many people ask how much calcium they should be getting from food or supplements. Start by reviewing the Daily Calcium Recommendations to learn the total amount of calcium you need each day. The recommended amounts can be found on the National Institutes of Health site here: <https://ods.od.nih.gov/factsheets/Calcium-Consumer/>.



IMPORTANCE OF VITAMIN D

- ✓ **Vitamin D plays an important role in protecting your bones both by helping your body absorb calcium.** Children need vitamin D to build strong bones, and adults need it to keep their bones strong and healthy. Your muscles and nerves also need vitamin D.
- ✓ **The three sources of vitamin D are: sunlight, food, and supplements.** Vitamin D is found naturally in very few foods including fatty fish like mackerel, salmon, canned tuna, and tilapia. Vitamin D is added to milk and other dairy products, orange juice, plant-based milks, and ready-to-eat cereals. Check the food label to see if vitamin D has been added to a product. People with certain medical conditions may need to take vitamin D supplements to support bone health.

You can find information on Vitamin D requirements here: www.ods.od.nih.gov/factsheets/VitaminD-Consumer/.

OTHER IMPORTANT NUTRIENTS

Sources of other important nutrients that may be important for bone health are:

- ★ **VITAMIN K.** Sources include dried plums (prunes) and certain dark green leafy vegetables like kale, collard greens, spinach, mustard greens, turnip greens and Brussels sprouts.
- ★ **POTASSIUM.** Sources include milk, dried plums (prunes), tomato products, raisins, potatoes, spinach, sweet potatoes, papaya, oranges, orange juice, bananas and plantains.
- ★ **MAGNESIUM.** Sources include spinach, beet greens, okra, tomato products, artichokes, plantains, potatoes, sweet potatoes, collard greens and raisins.
- ★ **VITAMIN C.** Sources include red peppers, green peppers, oranges, grapefruits, broccoli, strawberries, Brussels sprouts, papaya and pineapples.