



# 2 OUT OF 3 AUSTRALIANS OVER 50 HAVE POOR BONE HEALTH<sup>1</sup>

Along with vitamin D and weight bearing exercise, calcium is important for bone health<sup>2</sup>. Most Australians are not getting enough serves from the dairy food group as recommended by the Australian Dietary Guidelines<sup>3</sup>. Milk, cheese and yoghurt are some of the richest sources of calcium and also contain phosphorus and protein to help support and maintain healthy bones.

## START THE DAIRY CONVERSATION

Visit [dairyhealth.com.au](https://dairyhealth.com.au) for useful resources and education materials for healthcare professionals and patients.

(1) Watts JJ et al. 2013. Osteoporosis costing all Australians A new burden of disease analysis – 2012 to 2022. (2) Ebeling PR et al. 2013. Building healthy bones throughout life: an evidence-informed strategy to prevent osteoporosis in Australia. MJA Open 2 (Supplement 1): 1–46. (3) ABS. 2016. Australian Health Survey: Consumption of food groups from the Australian Dietary Guidelines, 2011–2012.