

# EATING THE RIGHT FOODS

How can you have strong, healthy bones?



How can you eat well without spending a lot of money?

How can you have strong bones?

**Your family only has a limited amount of money to spend on foods. Which foods should you buy? Why?**



**WHO'S 5 Keys to a Healthy Diet**

- 1. Give your baby only breast milk for the first 6 months of life.**
- 2. Eat a variety of foods.**
- 3. Eat plenty of vegetables and fruits.**
- 4. Eat moderate amounts of fats and oils.**
- 5. Eat less salt and sugars.**

**What is the matter with this woman? Why does she have this problem?**



**One cause of weak bones is osteoporosis. What is osteoporosis?**