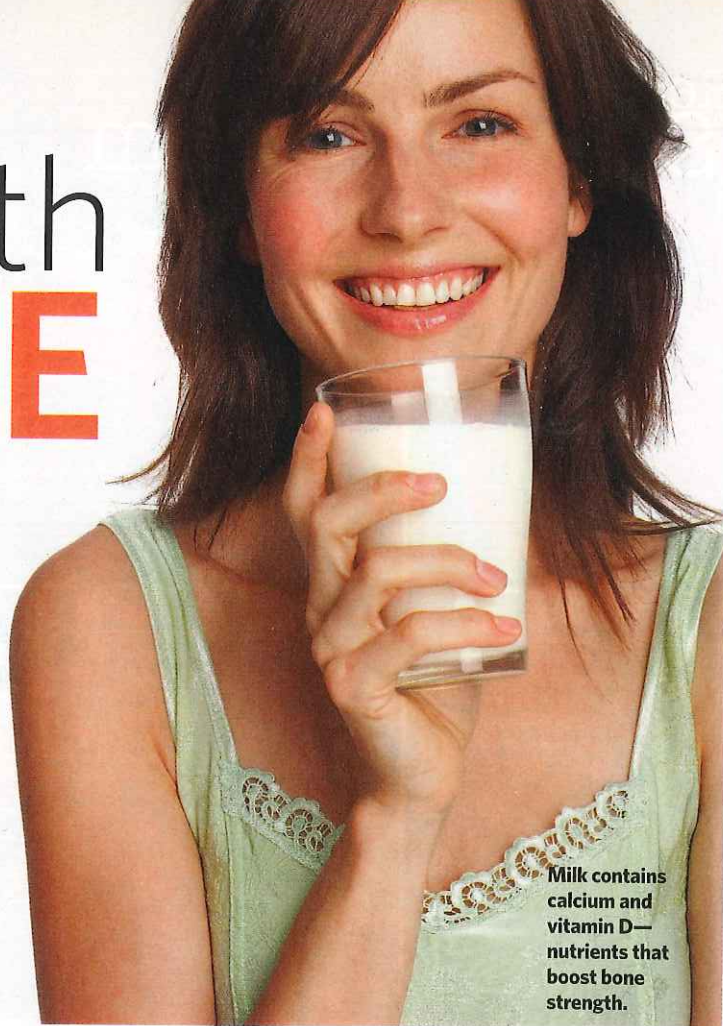


# bone health UPDATE

Osteoporosis is no longer considered an old person's disease. At age 40 bone mass begins to dramatically decrease. The good news? Simple lifestyle changes you make now can keep your skeleton strong.

by Jane Bianchi



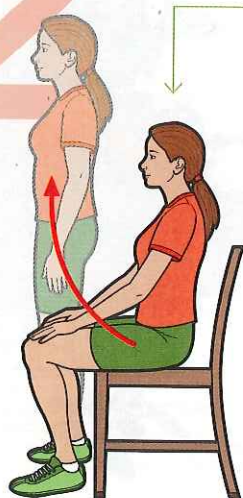
Milk contains calcium and vitamin D—nutrients that boost bone strength.

**1 THE DYNAMIC DUO** Calcium and vitamin D are the dream team that helps prevent osteoporosis and debilitating fractures. Found in dairy products, the mineral calcium increases bone density, while vitamin D, which the body produces in response to sunlight, helps with calcium absorption. Unfortunately, most women don't get enough of either nutrient, so ask your doctor about supplements. Experts recommend a daily dose of 1,000 to 1,400 mg of calcium and 800 to 1,000 IU of vitamin D.

**2 THE PERFECT PAIRING** By forcing your skeleton to work harder, weight-bearing exercises help strengthen your bones, says Deena Goodman, a physical therapist in Los Angeles. So in addition to trying to squeeze in 30 minutes of walking on most days, do these easy exercises three times a week.

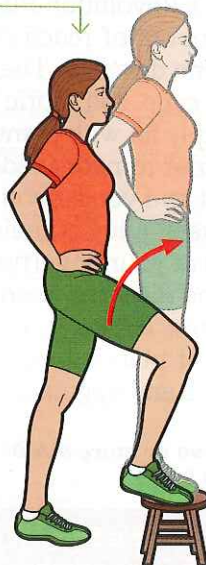
## 3 A COUPLE OF SNACKS

Lean proteins and whole grains are key to a healthy diet, but they're usually highly acidic—and excess acid breaks down bone. To maintain a balance, bulk up on fruits and veggies, which contain alkaline compounds (the opposite of acids). Get two of your five daily servings by making the easy, delicious FC recipes on page 131. Try ½ cup of the fruit as a midmorning snack and ½ cup of the veggies to ward off late-afternoon munchies.



**sit-to-stand**  
Sit upright in a chair, keeping your feet shoulder-width apart. Push your heels into the ground and stand up slowly, back straight, without using your arms. Stand for one second, then gradually lower your body back to the sitting position (again, no hands). Repeat this simple up-and-down motion 10 times.

**step up**  
Standing, place your right foot on a curb, the bottom step of a staircase or a sturdy footstool. Then lift your left foot onto the step too. Step back down, leading with your left foot. Repeat 10 times, then do 10 reps starting with your left foot.



## fresh fruit salad with pomegranate syrup

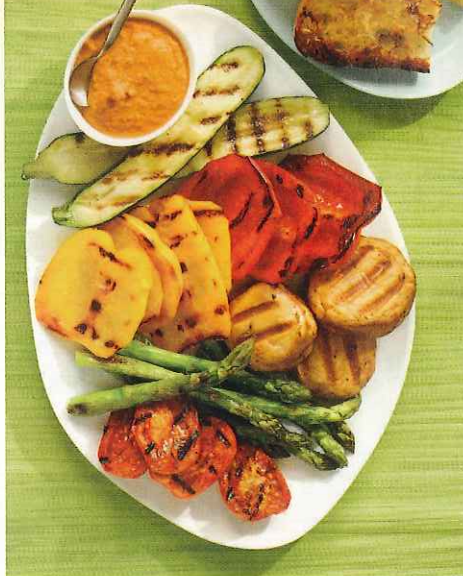
**MAKES** 8 cups **PREP** 15 minutes  
**COOK** 5 minutes

- 1/3 cup pomegranate juice
- 1/4 cup sugar
- 1 teaspoon fresh grated orange zest
- 2 large navel oranges, sectioned
- 2 kiwis, peeled, halved and sliced
- 1 large banana, sliced
- 1 Granny Smith apple, cored and cut into 1/2-inch slices
- 1 Red Delicious apple, cored and cut into 1/2-inch slices
- 1 large pear, cored and cut into 1/2-inch slices
- 1/2 pineapple, peeled, cored and cubed
- 1/2 cup pomegranate seeds (optional)

**1** Combine pomegranate juice and sugar in a medium saucepan; bring to a boil, stirring until sugar dissolves, about 5 minutes. Remove from heat and stir in orange zest. Let cool to room temperature.

**2** Combine oranges, kiwis, banana, apples, pear, pineapple and pomegranate seeds in a bowl; pour syrup over fruit and toss to coat.

**PER SERVING** 184 calories; 0 g fat (0 g sat.); 1 g protein; 47 g carbs; 3 g fiber; 5 mg sodium; 0 mg cholesterol



## grilled vegetables with red pepper sauce

**MAKES** 6 servings **PREP** 20 minutes **GRILL** 12 minutes per batch **COOK** 5 minutes

- 8 plum tomatoes (about 1 1/2 pounds), cored and halved
- 4 medium-size zucchini, sliced in half lengthwise
- 2 sweet red peppers, cored, seeded and quartered
- 2 yellow peppers, cored, seeded and quartered
- 1 pound asparagus, ends trimmed
- 1 pound large mushrooms, stemmed
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 jar (24 ounces) roasted red peppers, drained and chopped
- 1 small onion, chopped
- 1 tablespoon balsamic vinegar
- 1 tablespoon Italian seasoning
- 1/3 cup marinara sauce

**1** Heat a gas grill to medium-high or prepare a charcoal grill with medium-hot coals.

**2** Place tomatoes, zucchini, red and yellow peppers, asparagus and mushrooms in a large bowl and toss with 2 tablespoons of the olive oil, 1/4 teaspoon each of the salt and pepper.

**3** Grill (in batches if necessary) for about 5 to 6 minutes per side. Set aside.

**4** Meanwhile, place remaining 1 tablespoon olive oil, red peppers, onion, vinegar, Italian seasoning and marinara sauce in a blender. Puree until smooth, then pour into a small saucepan. Stir in remaining 1/4 teaspoon each salt and pepper and simmer over medium heat for 5 minutes.

**5** Serve vegetables with red pepper sauce.

**PER SERVING** 175 calories; 8 g fat (1 g sat.); 8 g protein; 23 g carbs; 7 g fiber; 968 mg sodium; 0 mg cholesterol

Photos (from top): Charles Schiller; Tina Rupp



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