

# Chester County Dairy Milk Lines

(Continued from Page A30)

Richard Hoover 13	H	3-06	25,666	956	883
Vernon Guest & Sons Lily	H	4-06	24,290	968	816
Benjamin K. Kauffman Egale	H	3-07	29,086	915	889
Janet	H	3-05	27,778	1084	919
Paul Martin 89	H	5-10	25,795	932	816
Amos J. Stoltfus Fawn	H	4-11	28,447	819	870
Melwood Farm Wanda	H	3-02	25,982	1235	907
Mae	H	3-08	25,565	867	829
Breck-A-De Farm 165	H	3-06	27,699	853	850

## Osteoporosis Week

SYRACUSE, N.Y. — Can an extra glass of milk or a cup of yogurt make the difference between simply preventing a deficiency and actually promoting good health?

Scientific evidence points to the fact that additional calcium intake — over and above the recommended daily amount — can be significant to good health.

People of all ages, from youth, through adolescence to maturity can benefit from increased calcium consumption.

A five-year study published in the November 1992 Journal of the American Medical Association

citing calcium's role in building bone mass beyond adolescence spells good news for dairy products. The study found that bone mass in women can be increased up until age 30.

In another study, researchers found "fiftysomething" women can substantially improve their bone health and reduce the debilitating effects of osteoporosis by increasing calcium consumption.

According to Deborah Farrand, registered dietitian with the American Dairy Association and Dairy Council Inc., "A calcium-rich diet along with regular physical activity is highly recommended in the prevention of osteoporosis. Adult men and young adult women should consume three servings of calcium-rich dairy foods daily, such as an 8-oz. glass of milk, an 8-oz. cup of yogurt and one ounce of cheese.

Calcium can be easily obtained from dairy foods. Taking calcium supplements alone will not completely protect an individual from osteoporotic fractures."

To draw attention to the need for increased calcium in the diet, National Osteoporosis Week has been set for May 9-15.

The loss of bone mass is serious no matter what your age. Prevent the crippling effect of osteoporosis by having a dairy product at every meal. Or, have an extra glass of milk or a cup of fruity yogurt as a healthy snack.

Currently, there is no cure for osteoporosis, the bone-thinning disease that causes over 1.5 million bone fractures each year and results in over 50 thousand deaths due to complications of hip fractures.

There are ways to strengthen bones and reduce the risk of developing osteoporosis.



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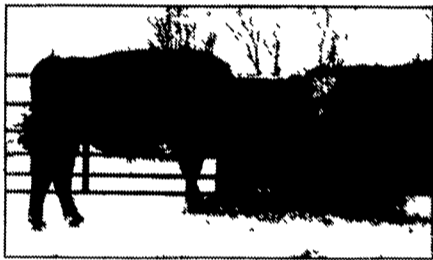


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Model CT4 Cattle Four-Drink  
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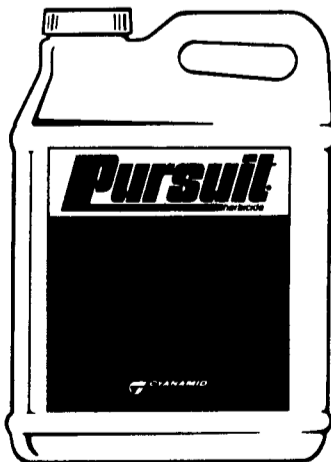
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