

energy bars, and breakfast cereals, all of which can be high in bone-weakening vitamin A. Many multivitamin makers have removed much or all retinol and replaced it with beta-carotene, which does not harm bones.

**5. Help your kids build strong bones.** Youth and young adulthood is the period when bones build up to their peak strength. Helping youth lead a bone-healthy lifestyle—with exercise, adequate calcium, and adequate vitamin D—can help them keep strong bones through all their adult years.

**Read why the milk and dairy recommendation on Harvard’s new Healthy Eating Plate differs from that of the U.S. Government’s MyPlate.**

Healthy Eating Plate (healthy-eating-plate-460.jpg)

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