

- **Bone mass**—A measure of the amount of calcium contained in a certain volume of bone. Sometimes called “bone density” or “bone mineral density,” bone mass measurements may be used to diagnose osteoporosis, to determine how well osteoporosis treatments are working, and to figure out how likely bones are to break.
- **Calcium**—An important mineral that helps to form bones and maintain their strength. Most calcium in your body is stored in your bones and teeth. The rest is found in body tissues, blood, and other body fluids. Calcium can be found in some foods and drinks.
- **Calcium Sulfate**—An ingredient used when making some kinds of tofu. When this ingredient is included, the food serves as a good source of calcium.
- **Lactose**—A natural sugar found in milk and milk products.
- **Lactose Intolerance**—A condition in which the body cannot easily digest foods that contain lactose. Common symptoms include stomach pain, diarrhea, bloating, and gas.
- **Milligram (mg)**—A unit of measure of mass. There are 1,000 milligrams in one gram. One 8-ounce glass (1 cup) of milk contains approximately 300 milligrams of calcium.
- **Nutrition Facts Label**—Also known as a “food label,” this label appears on food and drink packages and lists certain nutrients in the product. Manufacturers are required to list the amount and % Daily Value (%DV) of calories, calories from fat, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, and dietary fiber. The amount of sugars and protein is also required to be listed, but a %DV is not required. A %DV is also listed for vitamin A, vitamin C, calcium, and iron. The listing of other vitamins and minerals is not required unless a claim is made about any of the optional nutrients, or if a food is fortified or enriched.
- **Osteoporosis**—A disease in which bones become weak and can break easily. This weakening of bones can be caused by an imbalance between bone building and bone destruction. People typically lose bone as they age. Getting enough calcium and weight-bearing physical activity while you’re young can help slow the process that may lead to osteoporosis.
- **Percent Daily Value (%DV)**—The “%DV” on a Nutrition Facts label is a number that tells you how much of a certain nutrient is in a serving of food. When checking the amount of nutrients on a label, 5% DV or lower is considered low; 20% DV or more is high. If the label says, “Calcium 4%” that means one serving of the food has 4% of the calcium that a person needs in a day. However, the percentage is calculated for an adult who needs 1,000 milligrams of calcium per day. Tweens and teens need more calcium than adults, so they should be getting 130% DV for calcium, which is 1,300 milligrams.
- **Vitamin D**—A nutrient made in the body from exposure to sunlight, vitamin D is used by the body in the absorption of calcium. Vitamin D is found in milk and milk products, fish, and other foods. Most milk in the United States is fortified with vitamin D. Fifteen minutes of sunshine each day also provides plenty of vitamin D—but don’t forget to use sunscreen!

*Many of these terms and additional ones are available on the *Powerful Bones. Powerful Girls.* Web site at <http://www.cdc.gov/powerfulbones/parents/toolbox/dictionary.html>.