

# Strong Bones for Your Kids

Growing Children Need Calcium to Build Strong Bones and Teeth!

## Why do kids need calcium?

Kids need calcium to help build strong bones and teeth. The Dietary Guidelines for Americans and MyPlate recommends kids eat 2-3 servings of lowfat or fat-free dairy foods each day, depending on their age.

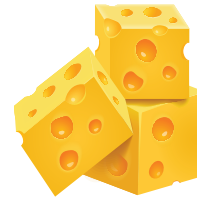


## How much is a serving?

Each of these have a similar amount of calcium.



**1 cup**  
of Milk






**1½-2 oz.**  
of Cheese



**8 oz.**  
of Yogurt

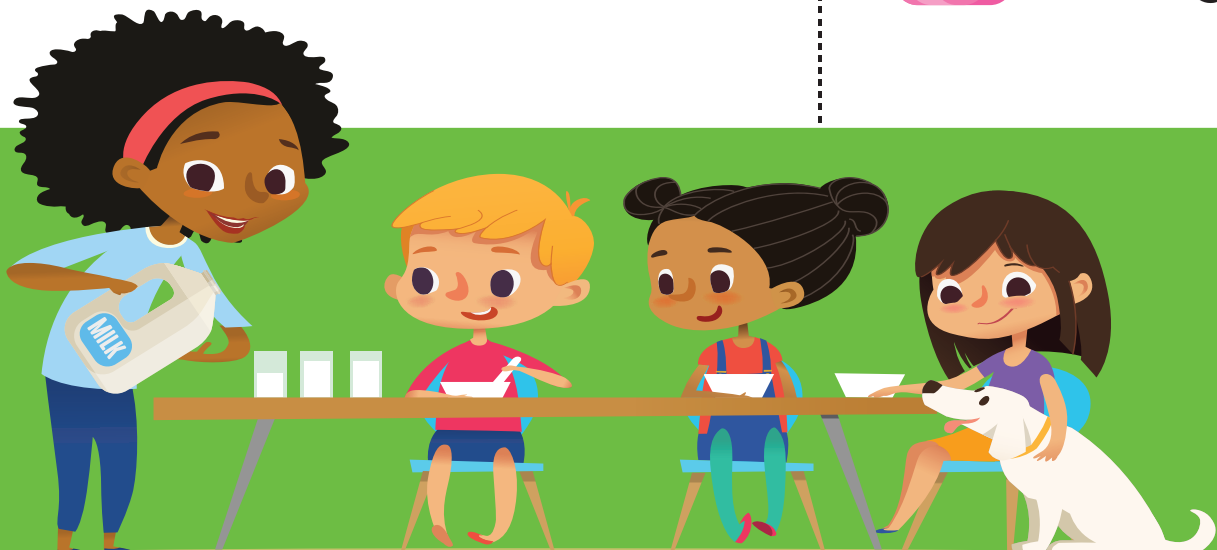
## How much calcium do my kids need each day?

| Kids Ages | Amount of Calcium They Need <sup>1</sup> * | Milk Servings Each Day <sup>**</sup>   |
|-----------|--|--|
| 2-3 yr    | 700 milligrams                             | 2     |
| 4-8 yr    | 1,000 milligrams                           | 2½  |
| 9-18 yr   | 1,300 milligrams                           | 3   |

Remember, all milk—lowfat, fat-free, flavored or lactose-free—have the same nine essential nutrients, including calcium, phosphorus, protein, vitamins A, D, and B12, riboflavin, pantothenic acid and niacin.

\*Adequate Intake (AI)

\*\* One serving = 8 ounces



# Give Your Kids a Calcium Check-Up

Are your kids getting enough calcium? Check the things your kids usually do each day.



Start the day with cereal and lowfat or fat-free milk



Drink lowfat or fat-free chocolate milk after sports practice

Sprinkle cheese on a soup or salad



Drink lowfat or fat-free milk at lunch or dinner



Grab yogurt or a cheese stick for a quick snack



If you checked three or more boxes, your kids are doing a great job towards getting enough calcium.

If you checked only one or two boxes, keep working with your kids so they get more calcium each day.



## Try These Tips

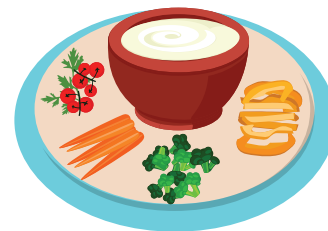


Make smoothies or parfaits with fresh fruit and yogurt.

Make tomato soup with milk and top with cheese.



Have a cheese quesadilla with a side of salsa.



Use yogurt as a base to dip fruits and veggies in.

## Parents: Drink Milk With Your Kids!

Drinking milk sets a good example for kids. After all, if mom or dad drinks milk, kids are more likely to do the same.



Make hot or overnight oatmeal with lowfat or fat-free milk.

