

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 calcium do my kids need each day?

Kids Ages	Amount of Calcium They Need ^{1*}	Milk Servings Each Day ^{**}
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.

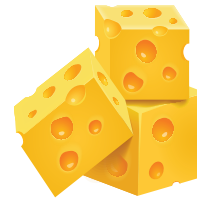
^{*}Adequate Intake (AI)
^{**}One serving = 8 ounces

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



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

- Grab yogurt or a cheese stick for a quick snack



- Drink lowfat or fat-free milk at lunch or dinner



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.



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

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.



Distributed by Maine Dairy and Nutrition Council, courtesy of American Dairy Association Mideast.

