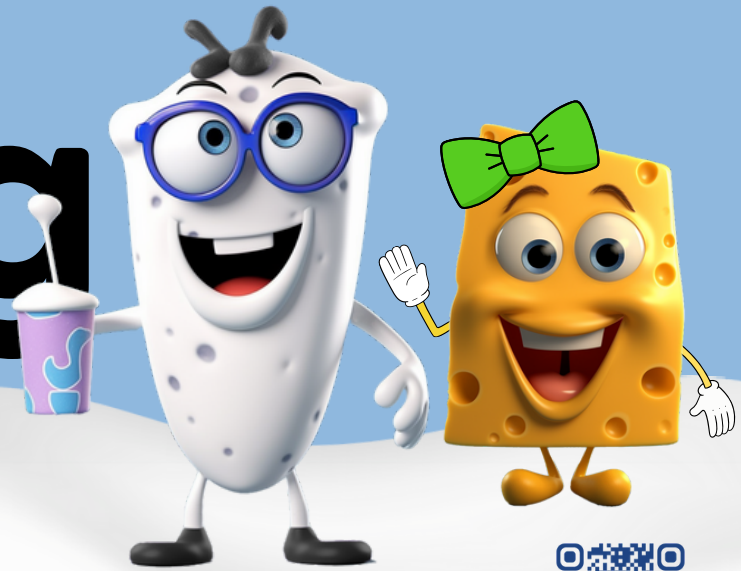


Strong

BONES & TEETH



Growing children and teens need calcium to build strong bones and teeth. Dairy foods provide calcium and high-quality protein, which are important for building peak bone mass into early adulthood.



Scan QR Code for Recipes Packed with Calcium

How much calcium is needed each day?*

2-3 Year Olds

700 milligrams



2 Milk Servings

4-8 Year Olds

1,000 milligrams



2 1/2 Milk Servings

9-18 Year Olds

1,300 milligrams



3 Milk Servings

*Adequate Intake (AI) | Institute of Medicine. Dietary Reference Intakes for Vitamin D and Calcium. Washington DC: National Academy Press, 2011.

How much is a serving?

Each of these have a similar amount of calcium.



1 Cup Milk



1 Cup Yogurt



1 1/2 oz Cheese



Did You Know?

All dairy milk – low-fat, fat-free, flavored or lactose-free – have the same thirteen essential nutrients, including calcium, phosphorus, protein, vitamins A, D, and B12, riboflavin, pantothenic acid and niacin.

Are your kids getting enough calcium?

Check the things your kids usually do each day.

- Start their day with a breakfast that includes low-fat or fat-free milk
- Sprinkle cheese on a salad or bowl of soup
- Grab yogurt or a cheese stick for a quick snack
- Drink low-fat or fat-free chocolate milk after sports practice
- Drink low-fat 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.