

# 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>
1-3 yr	700 milligrams	2 
4-8 yr	1,000 milligrams	2½ 
9-18 yr	1,300 milligrams	3 

Remember, all 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, niacin, zinc, selenium, iodine, and potassium.<sup>2</sup>

<sup>1</sup>Recommended Dietary Allowance (RDA)  
<sup>\*\*</sup>One serving = 8 ounces. Whole milk only for kids aged 12-24 months.



# 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

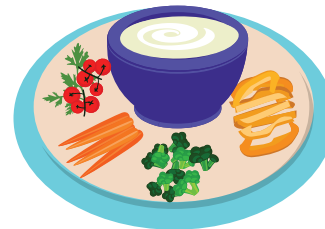


Make smoothies or parfaits with fresh fruit and yogurt.

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.

## Grown Ups: Drink Milk with Your Kids!

Drinking milk sets a good example for kids. After all, if kids see adults drink milk, they are more likely to do the same.



Add a small amount of flavoring such as strawberry or chocolate to lowfat or fat-free milk.

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