

# 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 recommend kids eat 2-3 servings of dairy foods each day, depending on their age.

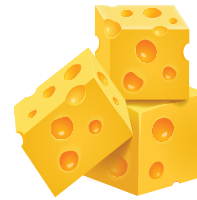


## How much is a serving?

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*	Milk Servings Each Day**
2-3 yr	700 milligrams	2 
4-8 yr	1,000 milligrams	2½ 
9-18 yr	1,300 milligrams	3 

All milk —whether lowfat, fat free, flavored or lactose-free — have the same 13 essential nutrients, including calcium, phosphorus, protein, vitamins A, D, and B12, riboflavin, pantothenic acid, niacin, zinc, selenium, iodine and potassium.\*\*\*

\*Recommended Daily Allowance (RDA)

\*\*One serving = 8 ounces

\*\*\*Source: USDA FoodData Central online at <https://fdc.nal.usda.gov/>. Mean values calculated from database entries across all fat levels of plain vitamin D-fortified fluid milk in Legacy, Foundation, and Survey (FNDDS) data



# 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 milk



Drink chocolate milk after sports practice

Sprinkle cheese on a soup or salad



Grab yogurt or a cheese stick for a quick snack



Drink 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.



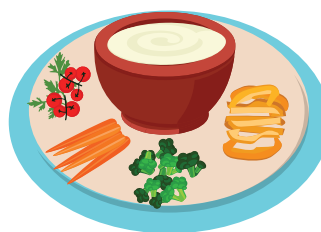
Have a cheese quesadilla with a side of salsa.



Make hot or overnight oatmeal with 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.



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