

# Strong Bones For Your Kids



## Why do kids need calcium?

Kids need calcium to help build strong bones and teeth. The Dietary Guidelines and MyPyramid for Kids say kids need **3** servings of low-fat dairy foods each day.

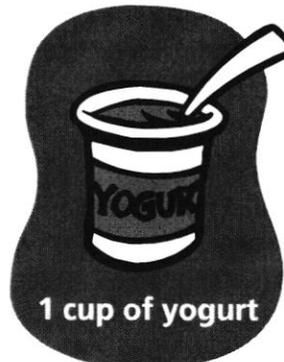


## How can I make sure they are eating the right foods?

Stock up on foods high in calcium, like milk, cheese and yogurt. Kids can have fun by making their own milk mustache.

## How much is a serving?

Each of these has about the same amount of calcium.



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

Kid's Age	Amount of Calcium They Need	Milk Servings Each Day	
2-8 yr*	500-800 milligrams	3	Kids ages 2-8 need three <i>child-sized</i> glasses of milk a day
9-18 yr	1,300 milligrams	3	Kids need more calcium as they get older. <b>Teenagers need the most because of their growing bones.</b>

Remember, all milks — low-fat, fat-free and flavored — have the same amount of 9 essential nutrients, including calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin and niacin.

\* The dietary guidelines recommend 2 cups /day for kids 2-8 yr; kids 7-8 with diets containing at least 1,600 calories /day need 3 full servings of dairy a day.



## Give your kids a calcium check-up.

See if your kids are getting enough calcium. Check the things your kids usually do each day.



- Start the day with cereal and milk.

- Grab low-fat milk at lunch instead of a soft drink.



- Ask for low-fat chocolate milk for a quick snack.

- Drink milk at dinner.



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

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

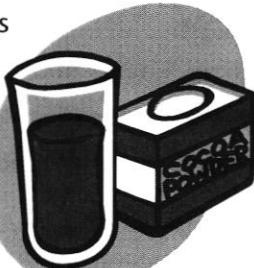
## Try these tips.

- Top bean soup with yogurt or shredded cheese.



- Have a cheese quesadilla with a side of cooked veggies.

- Add flavorings such as chocolate syrup or powder to milk.



- For more ideas, visit [www.3aday.org](http://www.3aday.org).

- Serve chocolate or vanilla pudding made with milk for dessert.



- Make licuados with fresh fruits, yogurt and milk.

## 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.

