

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.

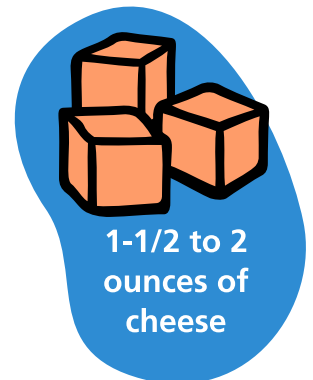


How can I make sure they are eating the right foods?

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
9-18 yr	1,300 milligrams	3

2-8 yr*500-800 milligrams.....3



Kids ages 2-8 need three *child-sized* glasses of milk a day

9-18 yr1,300 milligrams.....3



Kids need more calcium as they get older. **Teenagers need the most because of their growing bones.**

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.



Eat cheese on a sandwich at lunch.



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

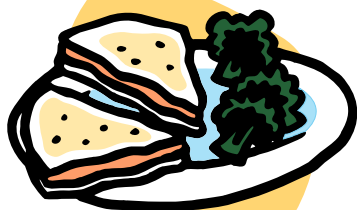
• If you checked only one or two boxes, keep working with your kids so they get more calcium each day.

Try these tips.

• Top bean soup with yogurt or shredded cheese.



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



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



• Make licuados with fresh fruits, yogurt and milk.

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



• For more ideas, visit www.3aday.org.

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.

