

Give your kids a calcium check-up.

See if your kids are getting their fair share of calcium. Check the things your kids usually do each day.



- Start the day with cereal and milk.

- Grab milk at lunch instead of a soft drink.



- Eat cheese on a sandwich at lunch.



- Ask for 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.

- Order milk at the drive-through instead of a soft drink.



- Bake a potato and top it with grated cheese and cooked veggies.

- Offer chocolate or strawberry milk for a quick snack. Flavored milk contains calcium plus all the other nutrients of regular milk.



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



- Make soups, pancakes and hot chocolate with 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.



Calcium For Your Kids



Why do kids need calcium?

Kids need calcium to help build strong bones and teeth. If your kids get enough calcium when they are younger, this will help bones stay strong.



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 calcium do my kids need each day?

Kid's Age	Amount of Calcium They Need*	Milk Servings Each Day**
1-3***	500 milligrams	3
4-8	800 milligrams	3
9-18	1,300 milligrams	4

The 2005 Dietary Guidelines recommend Americans consume 3 servings of nonfat or lowfat milk and milk products every day as part of a healthy diet. Seventy-two percent of the calcium in our diets comes from these foods.

*National Academy of Sciences

** American Academy of Pediatrics, Optimizing Bone Health and Calcium Intakes of Infants, Children & Adolescents, Pediatrics, 117(2)578-585, February 2006

***The American Academy of Pediatrics recommends whole milk for children from age 1 to age 2. AAP Pediatric Nutrition Handbook, Fifth Edition, Kleinman, RC, editor, Elk Grove, ILL, American Academy of Pediatrics, 2004, page 126