

# Is My Family Getting Enough Calcium?

Most children and women do not get enough calcium from their foods. Since soda has become popular, kids are much more likely now to suffer broken bones than kids 40 years ago. Check below to see how many servings of calcium you and your child should get every day.



**2-3  
YEARS OLD**



**4-5  
YEARS OLD**



**18+  
YEARS OLD**

## NOT JUST FROM COWS!

Enjoy some of these non-dairy sources of calcium every day to help you reach your calcium goals!

- Dark leafy greens like spinach, kale, turnip & collard greens
- Navy, northern, garbanzo & pinto beans
- Enriched breads, grains and waffles
- Calcium-fortified orange juice
- Sardines and salmon
- Fortified cereals
- Tofu



## DID YOU KNOW CALCIUM...

- Helps make & keep your bones and teeth strong
- Is needed for your heart, muscles and nerves to work properly
- Can help prevent high blood pressure
- Is needed by your baby during pregnancy

## But Milk Makes My Stomach Hurt.

Some people cannot tolerate the lactose, or sugar, in milk. Here are some tips to help you enjoy dairy again:

- Have smaller amounts at a time
- Try lactose-free milk
- Mix milk with other foods
- Have cheese or yogurt



# Energize With Calcium Throughout The Day.

Don't like milk plain or have extra milk in your fridge? Want some dairy-free calcium options? Here are some tips to keep you strong all day long:

Breakfast	Lunch & Dinner	Snacks & Drinks	On The Go
<ul style="list-style-type: none"> <li>• Pour milk on your cereal or make oatmeal with milk instead of water.</li> <li>• Make scrambled eggs, muffins and pancakes creamier by mixing in milk in place of water.</li> <li>• Add cheese and dark green veggies to your omelet, or add pinto beans to your breakfast burrito.</li> </ul>	<ul style="list-style-type: none"> <li>• Add milk instead of water to make soups richer.</li> <li>• Make bean, cheese and veggie quesadillas, or add some cheese to your sandwich.</li> </ul>  <ul style="list-style-type: none"> <li>• Have a salad or a side dish made of dark green leafy veggies.</li> </ul>	<ul style="list-style-type: none"> <li>• Refresh with veggies dipped in yogurt or enjoy a fruit parfait.</li> <li>• Offer milk instead of juice or soda at meals. Milk is better after a work-out than sports drinks.</li> <li>• Craving soda? Make your own by mixing equal parts calcium fortified orange juice and sparkling water.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep string cheese or fortified cereal on hand to avoid the vending machine.</li> </ul>  <ul style="list-style-type: none"> <li>• Make a smoothie with milk, yogurt, ice and fruits.</li> <li>• Pack a container of yogurt or order a parfait from the drive-thru.</li> </ul>

## HOW MUCH FAT?

Toddlers 1-2 years old usually need the extra fat from whole milk to help them grow properly. For adults and kids over 2, skim or 1% milk is the healthiest-it has all the nutrients without too much fat.

## BE A GOOD ROLE MODEL.

***Want your kids to drink milk or eat other calcium-rich foods? Be sure to let them see you enjoying these foods and drinks instead of soda and junk foods.***