



Getting The Right Amount of Calcium For Your Child Counts!!!

Calcium Facts!!!

- Calcium is a building block for strong and healthy bones!
- Calcium is a key nutrient for children and teens!
- Calcium also is used in muscle contraction, getting messages through the nerves, and in releasing hormones in the body
- 85% of girls and 60% of boys ages 9-18 don't get their recommended amount of calcium!



Calcium is important for all kids and teenagers!

How Much Calcium Should My Child Get?

- **1 to 3 years old :** Should get 500 milligrams of calcium per day
- **4 to 8 years old:** should get 800 milligrams of calcium per day
- **9 to 18 years old:** should get 1,300 milligrams of calcium per day

What Are Some Good Calcium Sources?

- 8 ounces milk = 300 mg
- 2 oz. American Cheese= 300 mg
- 1 1/2 oz cheddar Cheese= 300 mg
- 1/2 collard greens= 178 mg
- 1/2 cup white beans= 110 mg
- 1 oz almonds= 80 mg
- 1/2 C red beans= 40 mg
- 1/2 C broccoli=- 35 mg
- 8 oz. orange juice= 300 mg
- 6 oz yogurt= 225 mg
- 4 oz ice cream= 120 mg
- 4 oz calcium fortified tofu= 260 mg

For more information about calcium or for ideas on how to help lactose intolerant or picky eaters get their calcium visit: http://kidshealth.org/parent/nutrition_fit/nutrition/calcium.html