

# WILD WAYS TO GET THE CALCIUM YOU NEED

## Must Try Eats

If you're between 9 and 19 you need 1,300 mg of calcium a day! You ask, "What does that mean?" It means you need four or more servings of milk, yogurt and cheese every day! You'll look good, feel good and best of all, when you get plenty of exercise, you'll build the strongest healthiest bones possible! Give these tasty ideas a try.

- The skimmed shake – make an “old fashioned” milkshake with lowfat milk and your favorite flavor of lowfat ice cream.

- Fondue, friends & fun – have friends over for a cheese fondue party – dip and dunk favorite veggies, mini-pita bread, cooked and cubed chicken breast and fruit into the cheesy fondue.



- Chocolate craze – have a glass of ice cold, lowfat chocolate milk to cool down, satisfy your chocolate craving and get on your way to meeting your daily calcium needs.

- Tropical temptation – make a smoothie with lowfat milk and frozen pineapple chunks (use ice cubes if needed) and blenderize.



- Yogurt, fruit and whole-grain to go – mix your fruit of choice, whole grain cereal and lowfat yogurt in a plastic cup and eat on the go!

- Groovy smoothie – blenderize lowfat milk, frozen fruit and a little yogurt for breakfast to fit any busy schedule!

- String cheese please – string cheese is a fun, quick and nutritious “out-the-door” snack. Combine with fresh or dried fruit or wrap in a tortilla.



- Kickin' kabobs – kick it up a notch with fruit kabobs. Dip in lowfat yogurt!

- Pizza pick me up – for a quick nutrient boost have a slice of veggie pizza. Or make a pizza on pita or English muffin with pizza sauce, lowfat cheese and your favorite veggie toppings.

- Munch, munch, munch – put together mini-snacks for fast fuel. Try baby carrots, whole-grain crackers, string cheese, fruit and lowfat milk in a plastic “to go” containers.

