

# BUILD MY BONES WITH DAIRY!

**Why do I need dairy?** Calcium, along with vitamin D, helps build strong bones and teeth. The best way to get the calcium and Vitamin D your body needs is by drinking and eating dairy foods like milk, cheese and yogurt.

## How much is a serving?

- 1 cup milk
- 1 cup of yogurt
- 1 ½ to 2 oz. of cheese

Each of these has about the same amount of calcium

## How much dairy do I need?



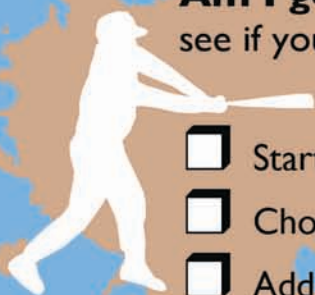
	2-3 years old – 2 servings
	4-8 years old – 2 ½ servings
	9-18 years old – 3 servings
	18+ years – 3 servings

## Is it OK if I drink chocolate milk?

Yes, fat-free chocolate milk has all the vitamins and minerals of white milk, plus a little chocolate for a great taste. It's delicious and nutritious!



**Am I getting enough calcium?** Check the things you do every day and see if you're getting enough calcium to build strong bones and teeth.



- Start each day with cereal and milk.
- Choose milk at lunch instead of juice or soda.
- Add a slice of cheese to your sandwich.
- Drink milk with dinner.
- Eat cheese with crackers or fruit for a snack.
- Enjoy yogurt as an on-the-go snack.
- Drink a yogurt & fruit smoothie for breakfast or a snack.



If you checked at least three boxes, great job. You're building your bones with dairy! If you only checked one or two boxes, try these fun bone-building ideas to get more calcium each day.

- Top your soup or salad with shredded cheese.
- Try a cheese quesadilla with some cooked veggies.
- Enjoy chocolate or vanilla pudding made with milk for dessert.
- Build a yogurt parfait with your favorite cereal, fruit, and yogurt.
- Drink low-fat chocolate milk as a quick-fix snack.



The Nutrition Education People

