

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?

Each of these has about the same amount of calcium:

1 cup milk

1 cup of yogurt

1½ to 2 oz. of cheese

How much dairy do I need?



2-3 years old – 2 servings



4-8 years old – 2½ 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.

