



Healthy Bones & Teeth

1-8 years old

Kids need calcium to build strong bones and teeth.
 How much does he or she need everyday? It depends on his or her age.

How much calcium does my child need each day?

Kids Age	Amount of calcium they need	Dairy Food servings each day
1 - 3 year	700 milligrams	2 servings (equals 4 - 1/2 cup servings)
4 - 8 year	1,000 milligrams	3 servings
Calcium rich foods		Amount equal to one serving
Low-fat (1%) or fat-free (skim) milk		1 cup (8 ounces)
Low-fat or fat-free yogurt		6-8 ounce container
Natural cheese like cheddar or string cheese		1 1/2 ounces (two 3/4 ounce slices)
Shredded cheese		1/3 cup
Pudding made with low-fat milk		1 cup
Salmon, canned		3oz
Tofu, soft or hard		1/2 cup
Greens		1/2-1 cup
Almonds		1.5 oz (30 or so nuts)- a big handful

Low-fat and fat-free dairy foods have the same vitamins, minerals and protein as whole milk.

Tips for a calcium boost

- Serve milk with every meal.
- Offer yogurt, cheese or pudding as a snack.
- Substitute milk for water when making the following: hot cereals, hot chocolate, instant mashed potatoes, scrambled eggs, pancakes and condensed soups like tomato.
- Try low-fat (1%) or fat-free (skim) flavored milk.
- Make a yogurt parfait or smoothie by pairing low-fat or fat-free yogurt with your child's favorite fruit.

Is your child lactose sensitive?

If your child has gas or stomach cramps after drinking milk, check with your doctor to see if he or she is having trouble digesting lactose, the natural sugar in milk. If your child is sensitive to lactose:

- Try soy milk or lactose-free milk found in the supermarket dairy case.
- Give them natural, aged cheeses like cheddar and Swiss. These have almost no lactose.
- Try yogurt: it has "friendly" bacteria called active cultures, which makes it more acceptable.
- Even if your child is lactose intolerant, he or she may be able to enjoy a small amount of regular milk with their meals.
- If alternative calcium sources are necessary consult your pediatrician or registered dietitian.

Drink milk with your kids!

- Drinking milk sets a good example for kids. After all, if mom or dad drinks milk, kids are more likely to do the same.

Source: *Dietary Guidelines for Americans, 2010 (6th edition)*

Visit www.healthierus.gov/dietaryguidelines and www.choosemyplate.gov/kids

 The National Institutes of Health recognize dairy foods as the "preferred sources of calcium" and the 2010 U.S. Dietary Guidelines for Americans recommend 3 servings of dairy every day!

