

# Strong Bodies, Strong Minds:

# THINK CALCIUM!

## Calcium & Kids

We associate calcium with building strong bones, but it does so much more!  
Calcium also supports nerves and muscles, plus, it's an important part of a heart healthy diet.

### Serve It Up

What counts as a serving of calcium?

1-3 years old: 2-2.5 servings

4-8 years old: 2.5 servings

9-18 years old: 3 servings

How much is a serving? 1 cup!



### Milk Matters

Why do doctors agree that milk (or milk alternatives) are so important? Because the bones we build in childhood carry us through! Research shows that starting strong keeps us strong.

Offered Daily by all Schools

# MILK

fat-free or 1% low-fat milk,  
unflavored or flavored



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### Take Your Pick

Dairy Options:

Milk

Yogurt

Cheese

Non-Dairy Options:

Soy Milk

Tofu

Almonds

### Daily Dairy

What does a serving of dairy look like?

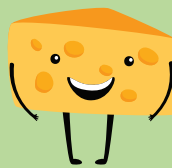
1 cup milk or milk-alternative

1 cup yogurt

1.5 oz cheese

2 cups cottage cheese

1.5 cups ice cream



### Fun Fact

Did you know you need Vitamin D for your body to absorb Calcium? That's what makes milk such a smart choice!



We're rethinking school meals!  
Join us as we celebrate the good work  
in schools across the country.

[rethinkschoolmeals.com](http://rethinkschoolmeals.com)



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Sources:

<https://www.hopkinsallchildrens.org/Patients-Families/Health-Library/HealthDocNew/Calcium-and-Your-Child>

<https://www.myplate.gov/eat-healthy/dairy>