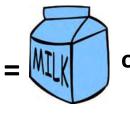
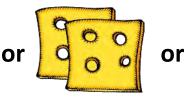
Calcium Challenge

Try to eat 3 cups of low fat foods from the dairy group every day.











1 cup of dairy equals:

8 ounces of milk

8 ounces of yogurt

YOGURT

2 slices of cheese

1 cup of pudding



Circle 3 foods to get 3 cups of foods from the dairy group!







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