

# Calcium Challenge

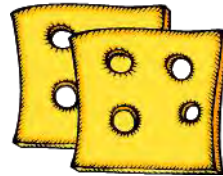
Try to eat 3 cups of low fat foods from the dairy group every day.



or



or



or



1 cup of dairy equals:

8 ounces of milk

8 ounces of yogurt

2 slices of cheese

1 cup of pudding



**It's easy to eat 3 cups!**  
Circle 3 foods to get 3 cups of foods from the dairy group!

