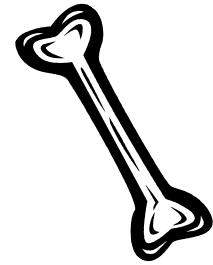
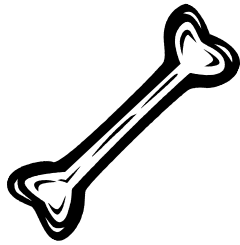


Calcium

Three-A-Day



WHAT IS CALCIUM?

Calcium is a mineral found in foods.
It helps to keep bones and teeth strong!

How much do we need?

You need 3 cups a day from the Dairy Group.
(Three-A-Day)

What counts as 1 cup?

- 1 cup of low-fat or fat-free milk
- 3 slices of American cheese
- 1 1/2 ounces of cheddar or mozzarella cheese
- 1 container (6-8 oz) of low-fat or fat-free yogurt
- 2 cups of macaroni and cheese made with milk
- 1 cup of pudding made with milk



DID YOU KNOW? Some foods are fortified with calcium. This means that calcium has been added to the food. Examples are orange juice and cereal.

*Look for the word FORTIFIED on the container to see if calcium has been added.