**CALCIUM RICH FOODS**

- Milk
- Cottage cheese
- Yogurt
- Frozen yogurt
- Cheese
- Ice cream

**LACTOSE FREE OPTIONS**

- Lactose-free milk
- Broccoli
- Leafy greens: kale and collards
- Some nuts
- Calcium-fortified juices

**WHY MIGHT CALCIUM BE IMPORTANT?**

- Calcium helps your muscles contract, which allows your body to move, heart to beat, and food to digest.

**WHY MILK?**

- Milk, yogurt, and cheese provide calcium needed to grow STRONG bones.

**3.5 cups**

- To get the same amount of calcium in a quart of milk, you would have to eat:
  - 27 oranges, or
  - 50 slices of whole wheat bread

**DID YOU KNOW?**

- Most dairy products are fortified with vitamin D, which helps the body absorb more calcium.

**DAILY DAIRY Recommendations**

- **Children (2-8)**: 2 cups
- **Girls (9-18)**: 3 cups
- **Boys (9-18)**: 3 cups
- **Women**: 3 cups
- **Men**: 3 cups

What counts as a cup in the Dairy Group?

- 1 cup milk
- 15 ounce natural cheese or 2 oz processed cheese
- 1 ounce cheese stick
- ½ cup dairy
- 1 cup yogurt

*Your body makes some vitamin D from sun exposure*
IN 1 CUP OF MILK...

The amount of calcium equals 10 cups of raw spinach

The amount of potassium equals 1 small banana

The amount of phosphorus equals 1 cup canned kidney beans

NOTABLE NUTRIENTS

Calcium builds and maintains healthy bones and teeth

Phosphorus strengthens bones and helps create energy in your cells

Potassium regulates fluid balance, maintains normal blood pressure, helps with muscle contraction

Protein helps repair body tissue and builds strong muscles

Riboflavin helps convert food into energy

Niacin aids in digestion of sugars and fatty acids

Vitamin A aids in vision and healthy skin

Vitamin B12 maintains healthy red blood cells and nerve cells

Vitamin D helps promote the absorption of calcium and aids in bone strength

DELICIOUS SMART SNACKING IDEAS

Morning Mocha
Mix a cup of milk with a teaspoon of instant coffee and sweetened cocoa.

Cheddar Crunch
Mix 1/2 cup cheddar cheese shreds with popcorn and pretzels.

Strawberry-sicles
Mix strawberry milk with fresh strawberries and freeze in a popsicle container.

Cucumber Salad
Mix diced cucumbers, a cup of plain yogurt, mint, salt and pepper and spread on whole wheat pita wedges.

Tropical Smoothie
Blend orange juice, Greek yogurt, honey and ice.

RECIPE

YOGURT BARK

Ingredients
24 oz plain, nonfat Greek yogurt
1 cup strawberries, diced
1 tbsp honey
1/2 cup granola

Prep time: 5 minutes  Cook/Chill time: 60 minutes
Ready: 65 minutes

In a small bowl, mix together Greek yogurt and honey. Line a 9x11 pan with aluminum foil. Evenly spread the yogurt mix onto the pan. Sprinkle the granola and chopped strawberries on top of the yogurt. Lightly press toppings into the yogurt. Place in the freezer for 1 hour, or until frozen. Once frozen, remove from freezer, break into pieces, and enjoy!

Nutrition: 116 calories, 11g protein, 2.5g fat