



MORE MILK, PLEASE



Today we learned that drinking three 8 ounce glasses of milk provides the body with needed calcium and protein for healthy, strong bones and muscles.

Most kids need three 8-ounce glasses of milk each day to give their bodies the calcium and protein it needs.

If you don't like milk you can also get these important vitamins and nutrients from:

- calcium-enriched orange juice
- vegetables rich in calcium, such as cooked broccoli and spinach.

AT HOME ACTIVITY



Look at the food nutrition labels of several items in your refrigerator or pantry to find items other than milk that contain calcium.

Hint – Did you check the cheese label or maybe the jar of almonds? They have calcium too.

TRY A HEALTHFUL SNACK!

Snacks should be part of a healthful diet and help kids to refuel between meals and satisfy hunger. Healthful snacks are the ones that fit into the five food groups. For example, string cheese (dairy) and carrot sticks (vegetable). Pair a glass of cold milk with your child's snack to help satisfy those hunger cravings and provide an extra boost of calcium and protein.

