

CALCIUM

Dietary guidelines have steered away from focusing on certain nutrients because as research shows, having a diverse diet rich in nutrient dense-foods is what leads to overall health. However, as parents one nutrient that is always on your mind as your kids grows is calcium. Calcium is an essential nutrient most known for its role in optimal bone and teeth strength. The best time to “invest” in your children’s bone health is as they grow. Getting optimal bone and teeth strength starts with a diet of calcium rich foods and exercise!

WHAT TO EAT

Does your child dislike milk? Don’t worry, calcium can be found in many food sources other than milk. A variety of dairy and non-dairy sources can add calcium into your child’s diet.



306 milligrams
1.5 oz of shredded cheddar cheese



306 milligrams
8 oz glass cow's milk
or soy milk



258 milligrams
6 oz bowl of yogurt



85 milligrams
½ cup of vanilla ice cream



94 milligrams
1 cup of cooked kale



181 milligrams
3 oz can boned salmon



65 milligrams
2 figs (80 grams)



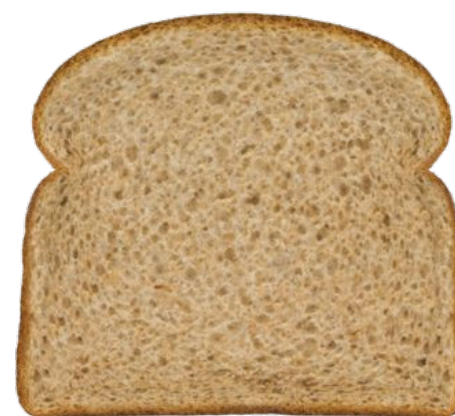
21 milligrams
½ cup broccoli



98 milligrams
1 cup of edamame



1,104 milligrams
¾ cup of fortified cereal



20 milligrams
1 slice of whole wheat bread



42 milligrams
1 medium corn tortilla

Don't forget about exercise! Weight bearing exercise like walking, running, playing tennis, basketball or soccer and lifting weights can help deposit the calcium into the bones making them stronger! The more work the bones do, the stronger they become!

HOW MUCH CALCIUM DOES MY CHILD NEED DAILY?

AGE

AMOUNT OF CALCIUM

BIRTH - 6
MONTHS

200
MILLIGRAMS

6 MONTHS - 1
YEAR

260
MILLIGRAMS

1 YEAR - 3
YEARS

700
MILLIGRAMS

4 YEARS - 8
YEARS

1000
MILLIGRAMS

9 YEARS - 18
YEARS

1300
MILLIGRAMS