

# YOUR KIDS NEED CALCIUM

Growing Children Need Calcium to Build Strong Bones and Teeth!

**Milk and most dairy foods are excellent sources. How much do your children need?**

- The 2010 Dietary Guidelines for Americans recommends 2 cups of milk and milk products for children ages 2 to 3 years and 2.5 cups for 4 and 5 year-olds.

Here are some tasty, calcium-rich options that children tend to enjoy.  
Use this as a guide to select from throughout the day.\*

## Milk

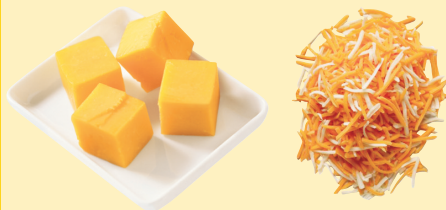
1% low-fat, fat-free  
Both are available lactose-free



1 cup

## Natural Cheese

Such as Cheddar, Mozzarella  
or Colby



1 1/2 ounces or  
1/3 cup shredded cheese

## Yogurt

Low-fat or fat-free



1 container (6 ounces)

## Macaroni and Cheese

Homemade with cheese



1 cup

## Give Your Child More Calcium

Use milk instead of water  
when making:

- Hot chocolate
- Instant mashed potatoes
- Scrambled eggs
- Pancakes
- Pudding

## Processed American Cheese



3 slices

## Condensed, Tomato Soup

Made with 1 cup milk



2 cups

## Oatmeal

1/2 cup dry oats made with  
1 cup of milk



1 cup

## Grilled Cheese Sandwich

Made with Processed  
American Cheese



1 sandwich made with  
3 slices of cheese

\*Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Offer these amounts and let your child decide how much to eat.

Source: USDA ChooseMyPlate.gov and [supertracker.usda.gov/foodapedia.aspx](http://supertracker.usda.gov/foodapedia.aspx)

# FOOD GUIDE FOR YOUNG CHILDREN

These amounts are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested since children's appetites vary from day to day.

	Ages 2 and 3	Ages 4 and 5
<b>Grain Group</b>  At least half of all grains eaten should be whole grains. ■ These foods generally count as 1 ounce: ■ 1 slice whole wheat bread ■ 1/2 cup cooked oatmeal ■ 1/2 cup cooked rice or pasta ■ 1 cup ready-to-eat cereal ■ 1 flour or corn tortilla (6 inches)	<b>3 to 5 ounces</b>	<b>4 to 5 ounces</b>
<b>Vegetable Group</b>  Try carrots, broccoli, cauliflower, green peppers, green beans, peas, tomatoes and celery. ■ These foods count as 1 cup: ■ 1 cup raw or cooked vegetables ■ 2 cups leafy vegetable	<b>1 to 1½ cups</b>	<b>1½ to 2 cups</b>
<b>Fruit Group</b>  Choose fresh, frozen, canned and dried fruit and 100% juice. Try apples, bananas, peaches, orange slices, blueberries and dried apricots, cherries and raisins. ■ These foods count as 1 cup: ■ 1 cup cut-up fruit ■ 1 cup 100% fruit juice – limit portion to 1/2 cup per day** ■ 1/2 cup dried fruit ■ 1/2 cup is equal to: ■ 1 small fruit	<b>1 to 1½ cups</b>	<b>1 to 1½ cups</b>
<b>Dairy Group</b>  Serve milk with meals. ■ These foods count as 1 cup: ■ 1 cup low-fat or fat-free milk ■ 1 cup low-fat yogurt ■ 1½ ounces natural cheese ■ 2 ounces American cheese ■ 1 cup pudding made with milk	<b>2 cups</b>	<b>2½ cups</b>
<b>Protein Foods Group</b>  Serve lean meat, poultry, fish, seafood and beans. ■ These foods count as 1 ounce: ■ 1 ounce cooked meat, fish or poultry ■ 1 egg ■ 1/4 cup cooked dry beans/peas	<b>2 to 4 ounces</b>	<b>3 to 5 ounces</b>

Based on USDA ChooseMyPlate and MyPyramid Food Intake Patterns.

\*\*The American Academy of Pediatrics recommends limiting juice to 4 to 6 ounces per day for children ages 1 to 6. Please be advised of choking hazards with small hard foods like raisins, grapes, nuts, seeds and popcorn.