

Lesson #7 Activity

Don't Forget Your Calcium-Rich Foods!

Kids need three 8 oz. servings of low-fat dairy per day.

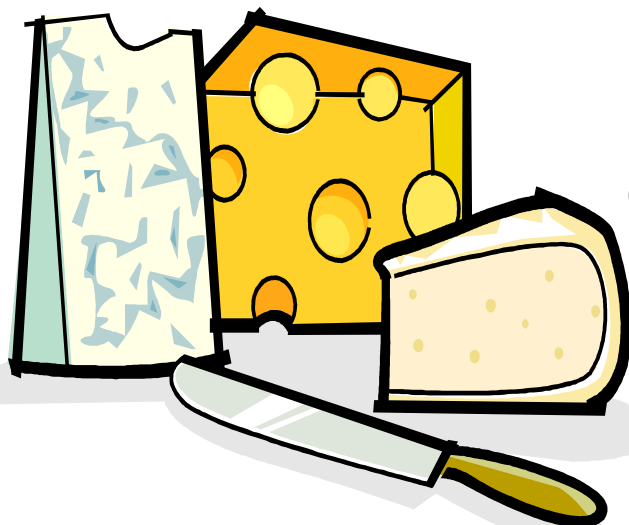
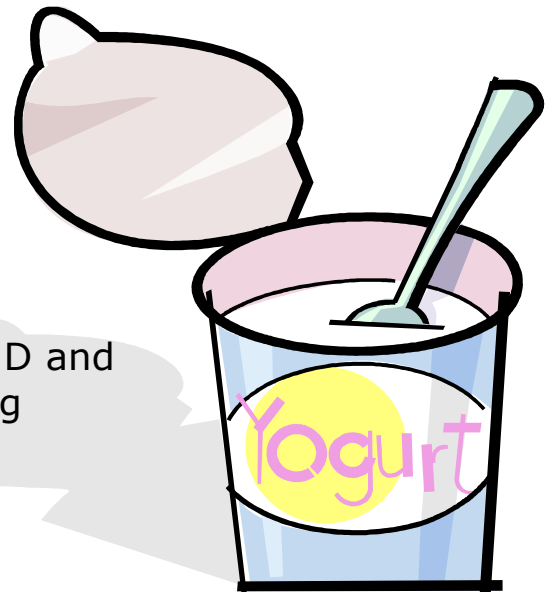


Milk

- Low fat and fat free white or flavored milks are great dairy choices.
- Milk provides nutrients such as calcium, vitamin D and protein to help kids grow and keep teeth, bones and muscles strong.

Yogurt

- Low-fat yogurt is a great healthy snack!
- Yogurt gives us calcium, vitamin D and protein to stay healthy and strong



Cheese

- Be sure to pick cheeses that are low fat or fat free.
- Try low-fat cheddar or a mozzarella cheese stick with fruit for an easy snack.