

Build Strong Bones



EATING SMART
BEING ACTIVE

What counts as a cup equivalent?

Dairy foods

- 1 cup milk or yogurt
- 1 ½ oz. natural cheese (such as cheddar)
- 2 oz. processed cheese (such as American)
- 1 cup soy milk with calcium and vitamins A and D
- 2 cups cottage cheese



Non-dairy foods high in calcium

- ⅔ cup tofu made with calcium
- ¾ cup calcium-fortified orange juice
- ½ cup canned sardines with bones
- ¾ cup canned salmon with bones
- 1 ¼ cups cooked collard greens



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To keep my bones strong, this week I'll **eat or drink**:



To keep my bones strong, this week I'll **do** (physical activity):



Our **next lesson** will be on

_____ at _____
(day) (time)



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How much do I need each day?



Ages 2 to 3:	Ages 4 to 8:	Ages 9+:
2 cup equivalents	2½ cup equivalents	3 cup equivalents

How can I get 3 cup equivalents of calcium foods each day?

Breakfast

Afternoon snack

Morning snack

Evening meal

Mid-day meal

Before bed snack

Milk label detective



Type of Milk	% DV Calcium	% DV Vitamin D	Grams of Fat
Whole			
Reduced-fat (2%)			
Low-fat (1%)			
Non-fat (skim)			
Soy			
Light soy			



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Save money

- Compare prices of store and national brands.
- Buy milk in half gallons or gallons.



Tips for infants and children

- Infants under 1: breast milk or iron-fortified formula only.
- Children 1 to 2: whole milk only.
- Children over 2: skim, 1% or 2% milk.
- Be a role model; drink milk at meals.



Keep milk and dairy foods safe

- Do not leave dairy foods at room temperature.
- Do not eat cheese with mold.
- Do not drink unpasteurized (raw) milk.
- Young children, pregnant women, the very sick and the elderly should only eat soft cheeses such as queso blanco fresco, feta, and brie if they are pasteurized.



Storing milk and dairy products

Food	Store for	Where, how to store
Fresh milk	2 to 3 days past "sell by" date	Refrigerator, closed container
Powdered milk	6 months	Cool, dark place in a sealed container; when made, in refrigerator for 3 days
Buttermilk	2 to 3 weeks	Refrigerator, closed container
Yogurt	1 to 2 weeks	Refrigerator, closed container
Evaporated milk	1 year	Cool, dry place; opened, in refrigerator up to 5 days
Soft cheese	1 to 3 weeks	Refrigerator, in original wrapper or tightly-covered container
Hard cheese	several months	Refrigerator, in original wrapper or tightly-covered container



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