

# ★ COUNT ON CALCIUM



Calcium is especially important during the growing years when kids have limited time to build up their “bone banks” and reach full bone mass and height potential. According to the 1999 American Academy of Pediatrics (AAP) policy statement, most kids don’t get the calcium they need.

## How many servings does your child need each day?

Age	Calcium Needs	Milk Group Servings
4-8	800 mg	
9-18	1,300 mg	

SOURCE: National Academy of Sciences

The AAP statement recommends a daily diet that includes milk, yogurt, cheese, and other calcium-rich foods. Drinking milk is one of the best ways to get calcium and it’s packed with eight other essential nutrients including vitamin D, which helps the body absorb calcium. Try some of these tips to help your child grow strong and healthy bones:

### AT BREAKFAST...

- Serve hot or cold cereal with lowfat milk.
- Top pancakes or waffles with fruit-flavored yogurt.
- Serve a glass of lowfat chocolate milk with whole-wheat toast topped with a thin layer of peanut butter.
- Whip up a breakfast smoothie with bananas, strawberries or blueberries, yogurt, and lowfat milk.

### AT LUNCH...

- Let your child dunk baby carrots, cucumbers, or broccoli pieces into a yogurt-based dip.
- Add a slice of cheese to sandwiches or burgers.
- Pack a thermos of chocolate milk for lunches on the go.

### FOR SNACKS...

- Make popsicles out of yogurt or flavored milk.
- Put cheese and apple slices on cinnamon-raisin bread.
- Wrap string cheese in a tortilla and heat in the microwave.
- Heat a mug of lowfat milk mixed with chocolate syrup for instant hot cocoa.

### AT DINNER...

- Serve macaroni and cheese—try mixing in chicken, tuna or beef pieces.
- Bake a potato and top it with cheese and broccoli.
- Keep a pitcher of lowfat milk on the table for all family members to enjoy.

### ALL DAY LONG...

- Encourage your child to be active. Weight-bearing exercises help to build strong bones. Check out “Weighty Issues” for more tips.

## Banana Bonanza Shake

Makes one 8-ounce serving

- 1 cup of lowfat chocolate milk
- 4 frozen chocolate milk cubes\*
- 1 banana, peeled and cut into chunks

\*Pour chocolate milk into an ice cube tray the night before and freeze to make chocolate milk cubes. Combine chocolate milk, chocolate milk frozen cubes, and banana chunks in blender. Blend until smooth and enjoy!

Nutrition Facts per Serving: Calories: 187, Fat: 4g, Protein: 7g  
Carbohydrates: 33 g, Calcium: 217 mg (21% DV)



# ▲ Give Me Five!



A whopping 91 percent of kids ages 6 to 11 do not meet the 5-a-day fruit and vegetable recommendation. Eating at least 2 fruits and 3 vegetables every day is important because they provide essential vitamins, minerals, fiber, and other components that may help protect kids from future health problems such as heart disease and cancer. Help turn your child on to eating a variety of 5 fruits and vegetables every day:

**START THEM OFF RIGHT.** Kids who eat breakfast are more likely to meet their daily vitamin and mineral needs and do better in school. Add strawberries to cereal and milk, top waffles with fresh berries, or add banana slices to a piece of toast with peanut butter.

**SNEAK 'EM IN.** Add grated carrots and chopped sweet peppers to pasta sauce; toss dried fruit into salads; bake quick breads using pumpkin, zucchini, or ripe bananas.

**SAVOR THE FLAVOR.** Simmer green beans in chicken broth; toss fresh herbs like dill on baked potatoes; eat fresh fruits like peaches and plums when they're in season.

**KEEP THEM HANDY.** Stock your refrigerator with fresh fruits such as grapes, apples, and pears for a quick and convenient snack or buy baby carrots that are pre-washed and pre-peeled; keep both on an easy-to-reach shelf in your refrigerator.

## Record your child's growth here

Date	Height	Weight

## ◆ WEIGHTY ISSUES

Today, one out of five children is overweight or obese, increasing their risk for stroke, hypertension, diabetes, and other chronic diseases later in life. Part of the reason why is they aren't as active as they used to be, and they are eating too many foods from the top of the Food Guide Pyramid that provide few nutrients and lots of calories like candy, soft drinks, and fried foods.

Help your child achieve a healthy body weight by limiting foods in the Fats, Oils & Sweets category and encourage him or her to be active at least 60 minutes every day with these “get up and grow” tips:

- ▶ Play games like tag and hide-and-seek
- ▶ Ride bikes
- ▶ In-line skate, skateboard, or ice skate
- ▶ Swim
- ▶ Go sledding
- ▶ Walk the dog
- ▶ Dance
- ▶ Climb a tree
- ▶ Jump rope
- ▶ Play soccer



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