



Get your calcium-rich foods.

- You need calcium for healthy bones and teeth and to prevent osteoporosis.
- Milk has saturated fat and cholesterol. It's a good idea to choose low-fat milk products such as skim (fat-free) milk, low-fat cheese, and low-fat yogurt.
- Although milk is the best source of calcium, some people do not drink milk and some are lactose intolerant. Yogurt and cheese are better tolerated by lactose intolerant individuals. Calcium is in other foods such as broccoli, spinach, kale, sardines and calcium-fortified orange juice.
- **MyPyramid** recommends 3 cups of milk each day.

What counts as a 1-cup serving of milk?

- 1 cup yogurt
- 1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, parmesan)
- 2 ounces processed cheese (American)

Mini-goals

1. _____

2. _____



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University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.