

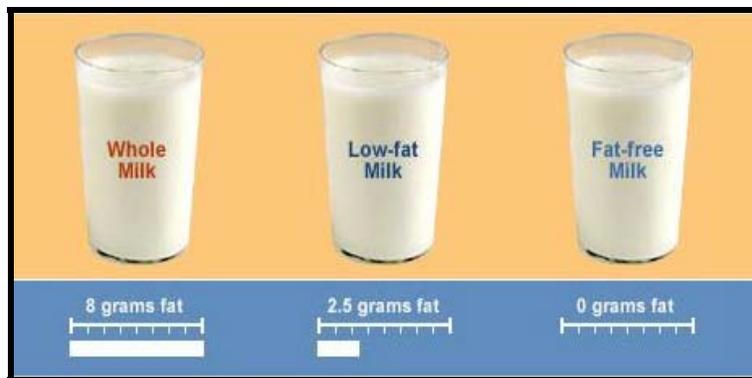
Milk is important for kids ...



Daily Calcium requirement per age:

Age	mg / day	Milk Servings
1-3	500	2 cups
4-8	800	3 cups
9-18	1300	4 cups

Low-fat (1%) or skim are the best choices for school age children:



Sources of calcium:

Food Item	mg	Serving size
Milk (any kind)	300	1 cup
Low-fat Yogurt	300-450	1 cup
Kraft Singles	200	1 slice (3/4 oz)
Fortified Soy milk	300	1 cup
Soft serve ice cream	118	½ cup
Oranges	50	1 medium orange
Fortified Orange Juice	300	1 cup
Spinach	120	1 cup raw, ½ cup cooked
Instant Oatmeal	100	1 packet

See the next page to learn "How to read a food label"

Reading Food Labels:

Just add a zero to the percentage of calcium on the food label to determine the milligram amount. The food label below says it provides **45% Calcium**. Add a zero to 45. This product contains **450 mg of Calcium**.



Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Flavored Milk provides nutrients:

According to the National Dairy Council

- Flavored milks are as nutritious as unflavored milks. Both types of milks are nutrient dense foods containing a high proportion of essential nutrients in relation to their energy content. Chocolate milk, for example, provides the same essential nutrients as white milk, including calcium, protein, vitamin D, vitamin A, vitamin B12, potassium, phosphorus, riboflavin, and niacin. Like unflavored milks, all versions of flavored milks provide 300mg calcium per serving or about one-third to one-fourth of children's daily calcium recommendation.
- The main difference between flavored milk such as chocolate and unflavored milk is the 2 to 4 teaspoons more sugar (sucrose or high fructose corn syrup) and about 60 more calories per serving in chocolate milks.
- Consuming an adequate intake of calcium throughout life helps to reduce the risk of bone fractures in childhood and adolescence and osteoporosis in later adult years.
- For more information on **flavored milk** go to:
<http://www.nationaldairyCouncil.org/NationalDairyCouncil/Nutrition/Products/flavoredMilkPage1.htm>