

Gordon Food Service® ☆
KIDZ.O.N.E. CALCI-YUM!

kids zoning in on nutrition education

What is Calcium?

Calcium is the most abundant mineral in the body. It can be found in your bones as well as in many of the foods you eat, especially dairy products.

What does calcium do?

Calcium has a very important job in your body. It keeps your bones and teeth strong so that they don't break! Calcium also helps your blood clot when you get a cut, your nerves function properly, and your muscles contract.

How much of it do I need?

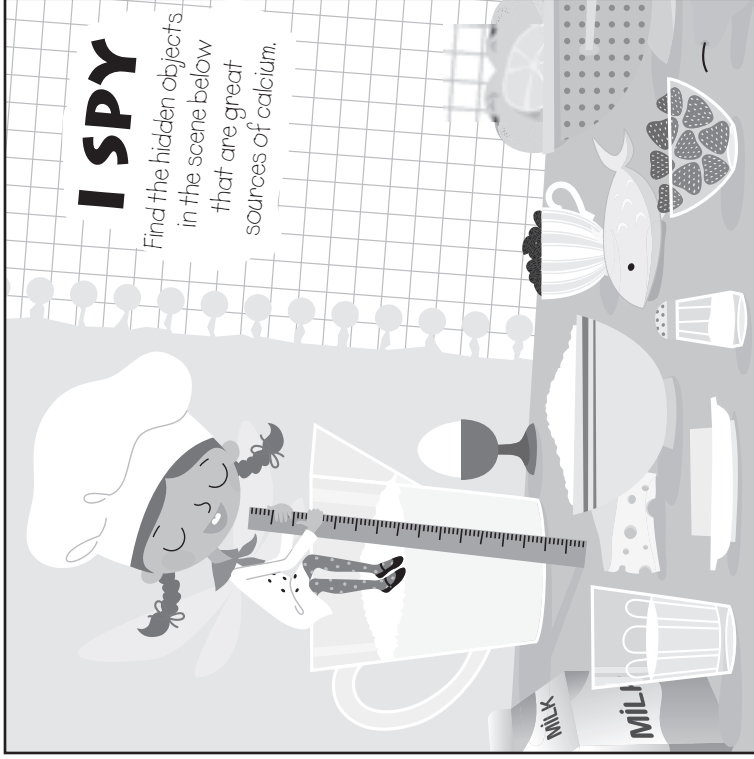
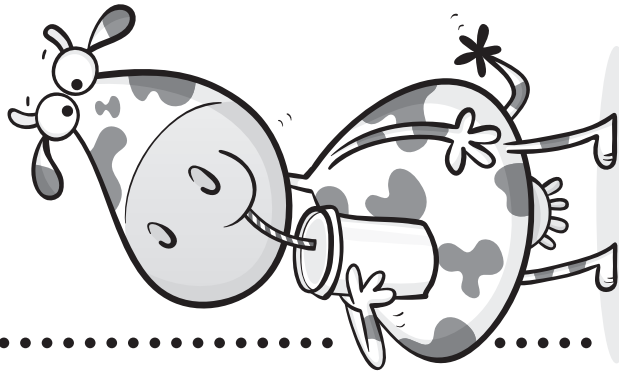
Different ages need different amounts of calcium! Look in the chart below to find how much you should be getting!

AGE CALCIUM NEEDED

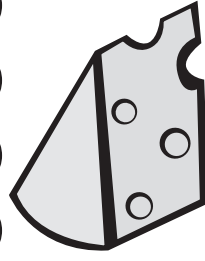
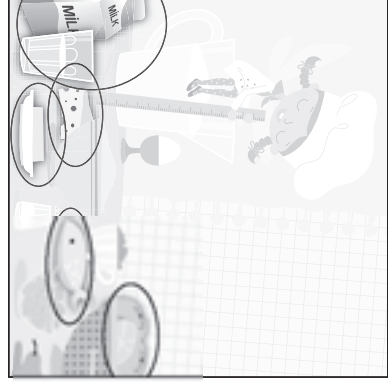
1-3	500 mg. (1 ² / ₃ cups)
4-8	800 mg. (2 ² / ₃ cups)
9-17	1300 mg. (4 ¹ / ₃ cups)

Where can I FIND Calcium?

- 1 cup fortified orange juice (350 mg.)
- 1 cup milk (300 mg.)
- 1 1/2 oz. Cheddar cheese (300 mg.)
- 8 oz. yogurt (300 mg.)
- 1 cup spinach (290 mg.)
- 3 oz. salmon (180 mg.)
- 1 cup oatmeal (100 mg.)
- 1 medium orange (50 mg.)
- 1/2 cup broccoli (35 mg.)



Answer Key



Q: What do you call cheese that isn't yours?

A: nacho cheese

Resources: http://www.keepkidshealthy.com/nutrition/calcium_requirements.html
<http://www.bestbonesforever.gov/fun/jokes.cfm>