

Chef Solus - Keep those bones growing strong with calcium and vitamin D!

Calcium is so important for growing bones and healthy teeth. To keep kids healthy, they need 1-3 servings of milk or calcium rich foods.

Ideas for calcium-rich foods at each meal:

Breakfast:

- * Pour low-fat or fat-free milk over your breakfast cereal.
- * Have a cup of low-fat or fat-free yogurt.
- * Drink a glass of orange juice with added calcium.
- * Add low-fat or fat-free milk instead of water to oatmeal and hot cereal.

Lunch:

- * Add low-fat or fat-free cheese to a sandwich.
- * Have a glass of low-fat or fat-free milk instead of soda.
- * Have pizza or macaroni and cheese.
- * Add low-fat or fat-free milk instead of water to tomato soup.

Snack:

- * Make a smoothie with fruit, ice, and low-fat or fat-free milk.
- * Try flavored low-fat or fat-free milk such as chocolate or strawberry.
- * Have a low-fat or fat-free frozen yogurt.
- * Try some pudding made with low-fat or fat-free milk.
- * Dip fruits and vegetables into yogurt.
- * Have some low-fat or fat-free string cheese.

Dinner:

- * Make a salad with dark green, leafy vegetables.
- * Serve broccoli or cooked, dry beans as a side dish.
- * Top salads, soups, and stews with low-fat shredded cheese.
- * Toss tofu with added calcium into stir fry and other dishes.



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