



Calcium is aMAZEing!



Like you, Bo needs calcium to keep bones and teeth strong and healthy. Help Bo find her way through the calcium maze to the Great Calcium Fair.

start →



Fat-free Milk
8 fluid ounces
(milligrams of calcium)



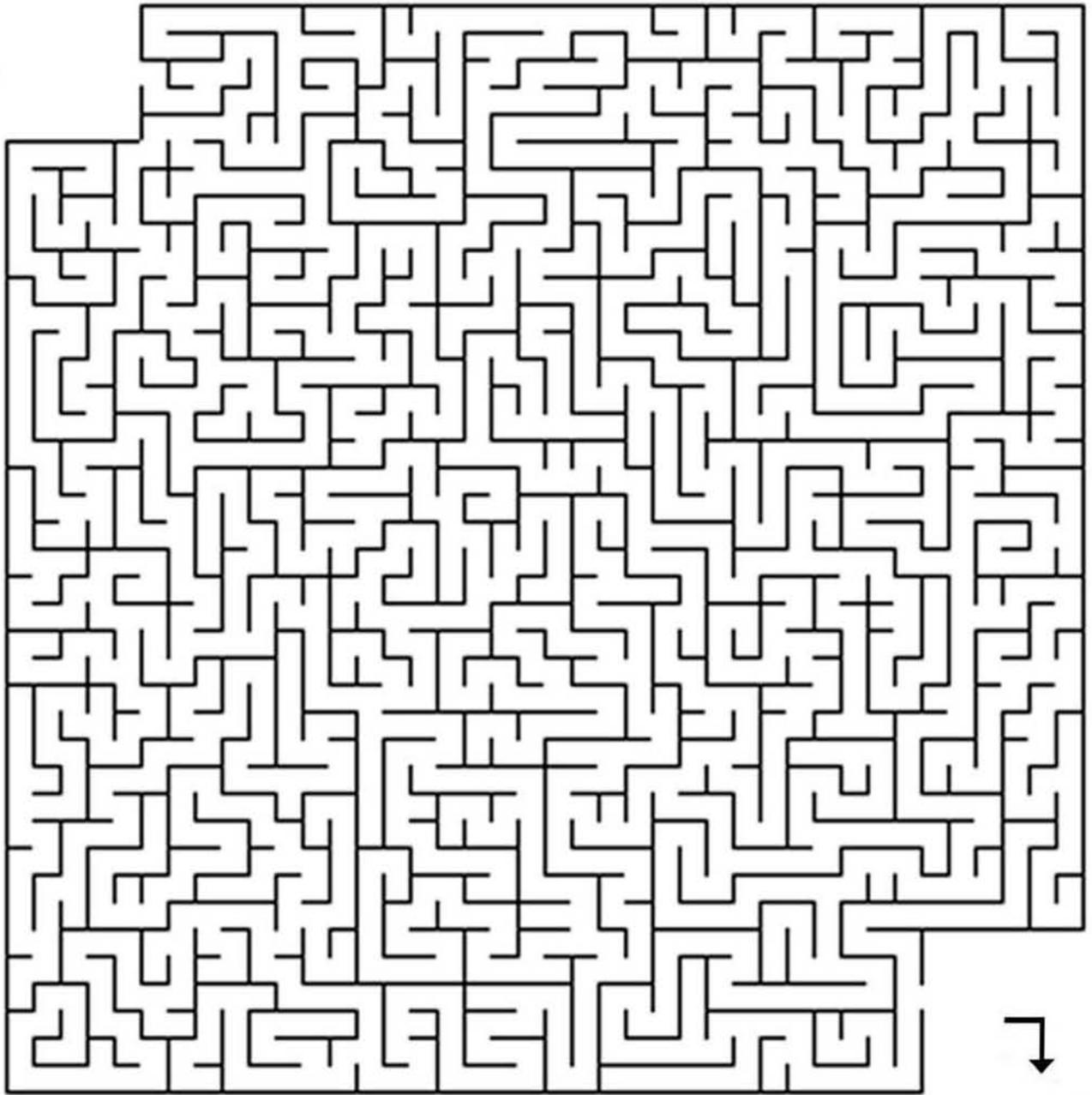
Broccoli
1 cup = 90mg



Macaroni & Cheese
1/2 cup = 180mg



Ice Cream
1 scoop = 118mg



finish

Children 4 - 8 years old need 800mg of calcium daily!
Children 9-18 years old need 1300mg of calcium daily!

Congratulations!

Collect your ribbon from the Calcium Queen.



National Institutes of Health/
Department of Health & Human Services
<http://www.nichd.nih.gov/milk/kidsteens.cfm>

