

TIPS FOR HELPING TEENS & TWEENS GET CALCIUM

According to government recommendations, kids ages 9 to 18 need 1,300 mg of calcium each day. Unfortunately, nearly 9 out of 10 teenage girls and 7 out of 10 teenage boys fail to get enough calcium in their diets. Here are some tips to help make sure that teens get the calcium they need for strong bones and healthy bodies.

- **The skimmed shake** – make an “old fashioned” milk shake with fat-free milk and your favorite flavor of lowfat ice cream.
- **Fondue, friends & fun** – have friends over for a cheese fondue party – dip and dunk favorite veggies, mini-pita bread, cooked and cubed chicken breast and fruit into the cheesy fondue.
- **Chocolate craze** – have a glass of ice-cold, lowfat chocolate milk to cool you down, satisfy your chocolate craving and get you on your way to meeting your daily calcium needs.
- **Tropical temptation** – make a smoothie with lowfat milk or fat free yogurt and frozen pineapple chunks (use ice cubes if needed) and blenderize.
- **Yogurt, Fruit and Whole Grain To Go** – mix your fruit of choice, whole grain cereal and lowfat yogurt in a plastic cup and eat on the go!
- **Groovy Smoothie** – blenderize lowfat milk, frozen fruit and a little yogurt for breakfast to fit any busy schedule.
- **String Cheese Please** – string cheese is a fun, portable, quick and nutritious “out-the-door” snack. Combine with fresh or dried fruit or wrap in a tortilla.
- **Kickin’ Kabobs** – kick it up a notch with fruit kabobs. Dip in lowfat yogurt!
- **Pizza pick me up** – for a quick nutrient boost have a slice of veggie pizza. Or make a pizza on pita or English muffin with pizza sauce, lowfat cheese and favorite toppings.
- **Munch For Lunch** – put together mini-snacks for fast fuel. Try baby carrots, whole grain crackers, string cheese, fruit and lowfat milk in a plastic “to go” container