



Eating well for good health!

Got Dairy?



Everybody needs calcium-rich foods every day!

Calcium



- It makes your bones and teeth healthy and strong.
- It helps your muscles work.
- It is necessary for blood to clot.
- It helps nerves work.



Calcium rich foods include:

- ⇒ 1 cup of milk or yogurt
- ⇒ 1 $\frac{1}{2}$ ounces of natural cheese or 2 ounces of processed cheese
- ⇒ 1 cup tofu
- ⇒ 3 ounces of sardines (6 or 7 sardines)
- ⇒ 1 $\frac{1}{2}$ cups cooked turnip greens or bok choy
- ⇒ 3 cups cooked kale or mustard greens

How many calcium-rich foods do you need each day?

Go to www.mypyramid.gov to find out the amounts of food you need to eat each day.

Physical activity!

Physical activity that requires your body to work against gravity stimulates bone growth and locks in calcium.

Examples are walking, running, jumping rope, dancing and playing soccer or hockey.



Try to be physically active for at least 30 minutes most days of the week.