

GOT ENOUGH? CALCIUM FOR TEENS

Want to be healthy and strong, and look and feel your best? A balanced diet is key.

It's especially important for girls to get enough calcium. Nine out of 10 girls do not get enough calcium. If this sounds like you, you are at risk for bone loss (osteoporosis) and broken bones. We aren't just talking

about grandmas here. Broken bones due to drinking too much pop and not enough milk are seen at younger and younger ages.

If you have questions, ask your doctor for more information on calcium and calcium supplements.



CHECK YOUR EATING to see if you need to make changes to stay healthy and strong. Check a box for each time you eat the following calcium-rich foods during one day:

- Milk (1 cup)
- Yogurt (1 cup)
- Cheese (1 1/2 oz)
- Calcium-fortified juice (1 cup)
- Ice cream (1 1/2 cups)
- Cottage cheese (1 1/2 cups)

_____ TOTAL number of checks

IS YOUR TOTAL THREE OR FOUR?

If so, you are probably getting enough calcium to keep your bones strong. If not, you may not be getting the calcium you need. Try to eat at least three or four of the above foods daily.

DID YOU KNOW?

- Skim and low-fat milk are a great source of calcium and are low in fat and calories.
- Multivitamins don't contain much calcium

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