CALCIUM FOR STRONG BONES, STRONG TEETH, AND A STRONG BODY

Calcium, you say?

Calcium is an important mineral for building strong and dense bones. This means that the bones are strong all the way through and will last a long time. Calcium also helps your body make strong and healthy teeth, so that you can eat all the food your body needs.

Did you know?

Calcium helps prevent osteoporosis, which is when a person has weak bones because they have lost bone density. Fill up on your favorite calcium rich foods to keep your bone density high!

Where can you find calcium?

- Milk
- Cheese
- Yogurt
- Some dark green vegetables, such as collard greens
- Calcium fortified foods like cereal and orange juice
- Tofu

Not only is yogurt delicious, it also contains bone healthy calcium.

HEALTHY YOUTH PROGRAM

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