



# 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)



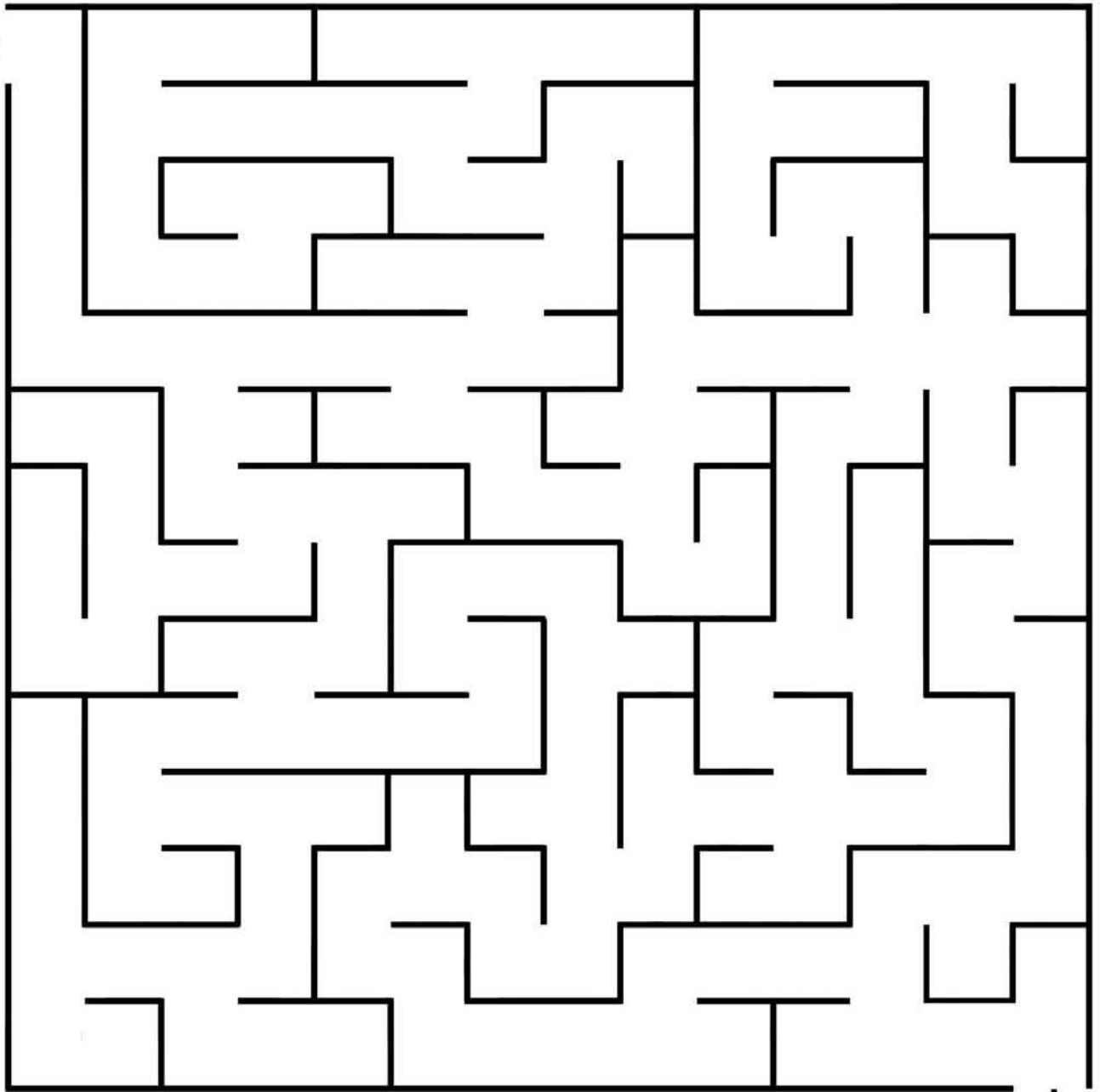
Broccoli  
1 cup = 90mg



Macaroni & Cheese  
1/2 cup = 180mg



Ice Cream  
1 scoop = 118mg



finish

## Congratulations!

Collect your ribbon from the Calcium Queen.

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



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

