

They Just Don't Get It

Most children do not get the recommended amount of calcium in their daily diets which is essential for building strong bones and teeth and protecting against osteoporosis. The preferred source of calcium is through calcium-rich foods such as dairy products.* The NICHHD believes lowfat milk or milk products are the best dietary sources of calcium. Studies show that the intake of milk and other calcium-rich foods during childhood and adolescence is an important determinant of peak bone mass later in life.



Milk for Strong Bones & Teeth



For more information, contact the NICHHD at 800•370•2943.



*NIH Consensus Development Conference on Optimal Calcium Intake, 1994

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