

Milk Matters...



No Bones About It,
Kids Can't Do Without It.
Milk for Strong Bones & Teeth



HOW MUCH CALCIUM DO YOU NEED EACH DAY?

AGES	CALCIUM (MG)
1-3	500
4-8	800
9-18	1,300

One 8 oz glass of milk has about 300 mg of calcium.



For more information, contact the NICHD/Milk Matters Clearinghouse at 800•370•2943.

Milk Matters...



No Bones About It,
Kids Can't Do Without It.
Milk for Strong Bones & Teeth



HOW MUCH CALCIUM DO YOU NEED EACH DAY?

AGES	CALCIUM (MG)
1-3	500
4-8	800
9-18	1,300

One 8 oz glass of milk has about 300 mg of calcium.



For more information, contact the NICHD/Milk Matters Clearinghouse at 800 • 370 • 2943.

Milk Matters...

No Bones About It,
Kids Can't Do Without It.
Milk for Strong Bones & Teeth



HOW MUCH CALCIUM DO YOU NEED EACH DAY?

AGES	CALCIUM (MG)
1-3	500
4-8	800
9-18	1,300

One 8 oz glass of milk has about 300 mg of calcium.



For more information, contact the NICHD/Milk Matters Clearinghouse at 800•370•2943.