

## Chef Solus - Keep those bones growing strong with calcium and vitamin D!

Calcium is so important for growing bones and healthy teeth. To keep kids healthy, they need 1-3 servings of milk or calcium rich foods.

Ideas for calcium-rich foods at each meal:

### Breakfast:

- \* Pour low-fat or fat-free milk over your breakfast cereal.
- \* Have a cup of low-fat or fat-free yogurt.
- \* Drink a glass of orange juice with added calcium.
- \* Add low-fat or fat-free milk instead of water to oatmeal and hot cereal.

### Lunch:

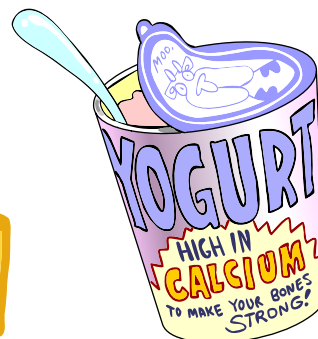
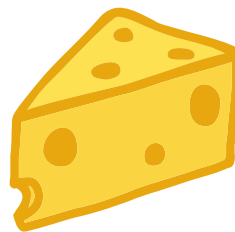
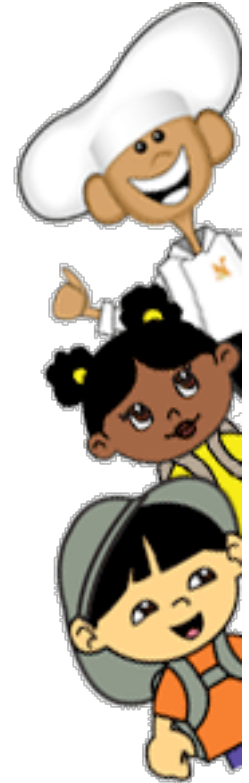
- \* Add low-fat or fat-free cheese to a sandwich.
- \* Have a glass of low-fat or fat-free milk instead of soda.
- \* Have pizza or macaroni and cheese.
- \* Add low-fat or fat-free milk instead of water to tomato soup.

### Snack:

- \* Make a smoothie with fruit, ice, and low-fat or fat-free milk.
- \* Try flavored low-fat or fat-free milk such as chocolate or strawberry.
- \* Have a low-fat or fat-free frozen yogurt.
- \* Try some pudding made with low-fat or fat-free milk.
- \* Dip fruits and vegetables into yogurt.
- \* Have some low-fat or fat-free string cheese.

### Dinner:

- \* Make a salad with dark green, leafy vegetables.
- \* Serve broccoli or cooked, dry beans as a side dish.
- \* Top salads, soups, and stews with low-fat shredded cheese.
- \* Toss tofu with added calcium into stir fry and other dishes.



Visit [www.ChefSolus.com](http://www.ChefSolus.com) for free printable worksheets for kids, nutrition education games, healthy eating tips, exercise and healthy goals and food diary and more!