

Get Your Calcium Rich Foods



Dairy products are your **best source of calcium.**

Teens and adults should have 3 cups and children (ages 2 to 8) 2 cups of fat-free milk, low-fat milk, or milk products (yogurt and cheese) every day.

Calcium is essential for millions of cellular functions everyday. Keep your bone bank full of Calcium by eating food rich in essential nutrients. Milk products are your best source of calcium and vitamin D for bone development and maintenance.

Serving sizes of milk, yogurt, and cheese:

- 1 cup milk
- 1 1/2 to 2 ounces of cheese
- 1 cup yogurt

Dairy calcium sources:

- milk
- hard cheese
- yogurt
- cottage cheese
- ice cream, ice milk
- pudding, custard

Non-dairy calcium sources:

- calcium-enriched orange juice
- tofu (with calcium sulfate)
- sardines/salmon (with bones)
- broccoli
- greens (turnip and beet), okra
- cooked dried beans

Include more milk products in your diet.

- Add milk to coffee and tea.
- Use milk when making homemade or canned soups such as tomato, clam chowder, and cream of mushroom soup.
- Make hot cereals and instant hot cocoa with milk instead of water.
- Add nonfat dry milk powder to meat loaf, milk drinks, cream soups, smoothies and pudding recipes.



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