



Find the Calcium Trail

Bo needs to find her way from the farm to the Great Calcium Fair. To complete the journey, Bo will need her recommended daily amount of calcium to keep her healthy. Help Bo find the calcium trail to the fair.

start



Fat-free Milk
8 fluid ounces
(milligrams of calcium)



Fat-free Yogurt
1 cup = 290mg



Cheese
1 ounce = 204mg



Burrito
1 serving = 130mg



Spinach
1 cup = 122 mg



**Fat-free
Chocolate Milk**
1 glass = 300mg



Cheese pizza
1 slice = 220mg



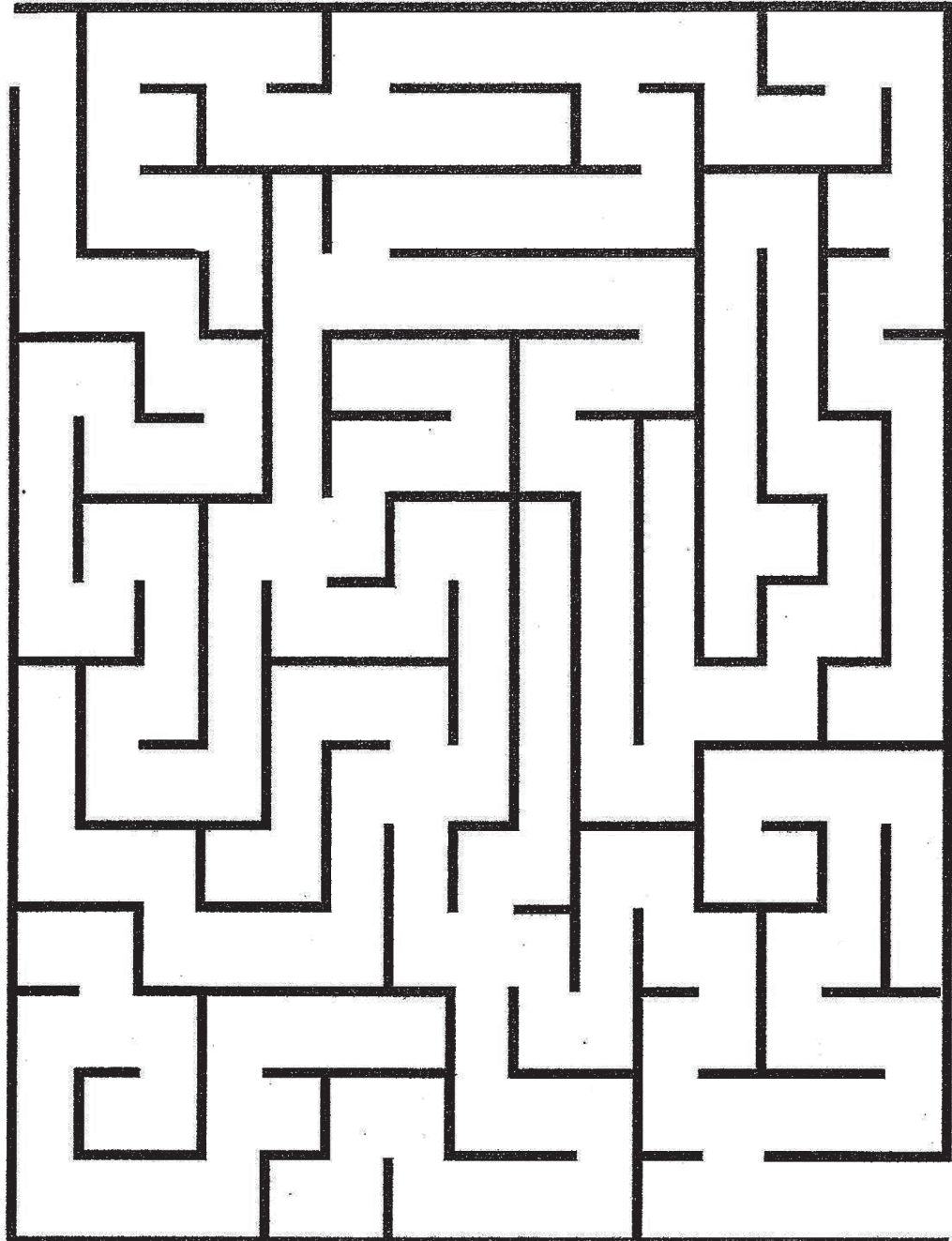
Macaroni & Cheese
1/2 cup = 180mg



Ice Cream
1 scoop = 118mg



Broccoli
1 cup = 90mg



finish

If Bo is between the ages of 4 and 8, she will need 800mg of calcium daily.

If Bo is between the ages of 8 and 19 she will need 1,300mg of calcium daily.



National Institutes of Health/
Department of Health & Human Services