



Growing Healthy Bones

Today in school your child learned about calcium in dairy foods. Children grow quickly and don't stay one size for too long. Their bones are growing and developing every day. Encourage their healthy growth and development by offering them a variety of foods. These include calcium-rich foods, such as those found in the Milk group (milk, cheese and yogurt).



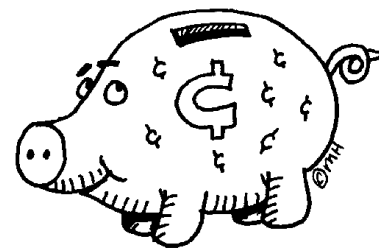
Milk Group

In MyPyramid, foods in the Milk group are high in protein, vitamins, and the mineral calcium, which we need throughout our lives to help build healthy bones. **Three cups of milk a day are recommended for persons 9 years of age and older.** Yogurt, cheese, pudding, and ice cream are also included in the Milk group. Note that some foods in this group, such as natural and processed cheese, are high in fat.

Showing your children you enjoy foods from the Milk group will help ensure they eat them too. Allow your child to see you eating dairy foods every day-like drinking milk with dinner or eating yogurt for a snack. When parents model good eating habits, children are more likely to have good eating habits! Have dairy foods available for children-give them milk instead of pop for a snack or string cheese instead of candy.

Nutrients in Milk

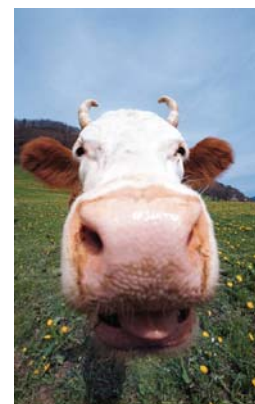
Milk will give you more nutrients than many other beverages. Drinking milk is one of the easiest ways to give your body the vitamins and minerals it needs to get through a hectic day. So, whether you want 1%, fat-free skim, chocolate or anything in between, all types of milk offer about the same nutrient package. Milk also provides a healthy alternative to pop and juices drinks for children and teens everywhere. Milk is a great beverage to replenish your hard-working body and help fuel your muscles.



Bones for children and teens are similar to a bank account. You can deposit and save calcium in bones so you'll have enough to draw on later in life. The deposit window is open the widest for children and teens. Milk provides the calcium needed when young to help bones reach their full potential. Help your child make the investment now. It's almost impossible to make up for it later in life.

Moooving and Motion!

Our family has been learning about having foods from the Milk group in meals and snacks. These foods are good sources of calcium and other nutrients.



3 A Day is an easy way to remember that three (3) 1 cup servings from the Milk group every day will help most children and adults meet their needs for calcium and other essential nutrients. From the list below check 3 ways you would like to meet your 3 A Day requirement. Agree on additional choices as a family and add to the list below.

- Milk will be my mealtime beverage.
- Warm up with hot chocolate made with low fat milk.
- Substitute low fat milk for water in soup, salads, hot cereals, mashed potatoes, and pancakes.
- Add cheese to soups, salads, sandwiches and casseroles.
- Top a baked potato with cheese, yogurt or cottage cheese.
- Enjoy yogurt with meals or create a parfait of yogurt and fruit for a snack.
- Snack on cheese and fruit.
- Choose pudding, custard, ice cream, a milkshake or frozen yogurt for dessert.
- Enjoy chocolate milk.

Three additional choices

- _____
- _____
- _____

What counts as 1 cup from the Milk group?

Milk	=	1 cup or 8 ounces	Pudding	=	1 cup (made with milk)
Yogurt	=	1 cup or 8 ounces	Frozen yogurt	=	1 cup
Cheese	=	1 ½ ounces hard cheese (cheddar, mozzarella)			
		2 ounces processed cheese (American)			
		½ cup ricotta cheese			
		2 cups cottage cheese			

Question Time

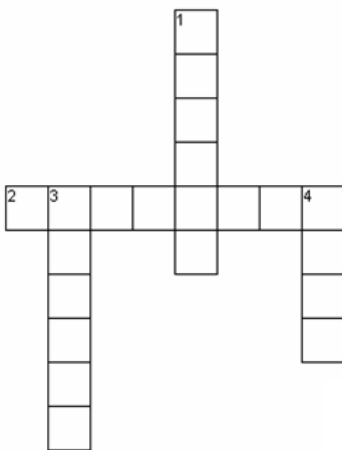
Child: How can we get more dairy foods into our meals and snacks?
(Hint: What foods can you add or substitute for other foods?)

Adult: What dairy products should we add to our shopping list? (If you are already getting **3 A Day**, think about different flavors or the low fat varieties.)

Child: My favorite dairy food is _____. How often can I have my favorite dairy food?

Adult: Why is it important for us to talk about eating healthy foods? (What information and expectations for eating healthy could be shared?)

Child: What dairy products do you have at school? How often do you choose these foods? (Don't forget about cheese on pizza, yogurt, and cheese sandwiches.)



Across: 2. Frozen favorite
Down: 1. Plain or with fruit
3. Favorite of mice
4. Chocolate or white



Our Family Goals:
Drink milk with meals.
Read labels on beverage containers.
Eat or drink 3 foods or beverages from the 3 A Day list. (List them here.)

1. _____
2. _____
3. _____

On the Web

Check out these Web sites with your child:

CDC's Nutrition and Physical Activity Program:

<http://www.cdc.gov/nccdphp/dnpa>

National Dairy Council:

<http://www.nationaldairyCouncil.org>

Powerful Bones, Powerful Girls. (The National Bone Health Campaign):

<http://www.cdc.gov/powerfulbones>

Stocking Up on Healthy Foods and Beverages

Younger children will eat mostly what's available at home. That's why it's important for parents to control the supply lines. Follow these basic guidelines about the foods that you serve for meals and have on hand for snacks.



Make it easy for your child to choose healthy beverages for snacks by keeping milk on hand. Other good snacks include dairy products like yogurt and low fat cheese with whole grain crackers.

Limit fat intake for older children by avoiding whole milk and high fat cheeses. Buy light yogurt with less fat and calories.

Limit sugary drinks like pop and fruit-flavored drinks. Serve milk and water.

By drinking milk and eating dairy foods, children boost their intake of calcium, which is important for healthy bones. Other calcium rich foods to have on hand:

- Calcium-fortified orange juice
- Calcium-fortified cereals

Quick Mini Bread Pizzas

Ingredients:

- 6 English muffin or bagel halves
- 1 cup homemade or purchased pizza or spaghetti sauce
- 1 cup chopped toppings such as onions, peppers, broccoli, olives, tofu, lean cooked hamburger, etc.
- 1 cup shredded part-skim mozzarella cheese

Procedure:

1. All food preparers must wash their hands with warm water and soap for 20 seconds. Be sure all work surfaces are clean.
2. Preheat oven to 350 F.
3. Spread pizza sauce on the English muffin or bagel halves. Add toppings, then sprinkle with mozzarella cheese.
4. Place the pizzas on an ungreased baking sheet and bake for about 8 minutes, or until the cheese melts. Serve immediately.

**Makes 6 servings*



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Information on pages 1 and 4 adapted from the Jump Into Fun and Fitness Program, Michigan State University Extension, Spring 2004.