



Flying Pig Kids Marathon



Nutrition Challenge

Get Your Calcium!

Did you know?

Dairy foods are a terrific source of calcium, protein and riboflavin. We need these to build healthy, strong bones and teeth. The USDA MyPyramid tells us to get 3 servings of calcium-rich foods a day. A serving is 1 cup of milk, 1 cup of yogurt, and 1 oz slice of cheese.

Feed Those Bones!



- Make a smoothie by blending low-fat yogurt and frozen berries.
- Pack some string cheese in your backpack or lunch.
- Instead of soda, drink low-fat plain or chocolate milk.
- Dip fruit in flavored yogurt



Remember these nutrition tips everyday:

- Eat breakfast!
- Drink water!
- Go for WHOLE grains!
- Vary your veggies!
- Focus on fruits!
- Get calcium-rich food!
- Eat lean protein!
- Drink less soda!

Nutrition challenge:

Get calcium-rich foods 3 times each day!
Give yourself an "X" on your Hog Log.



These tips are provided by
The Nutrition Council of
Greater Cincinnati
www.nutritioncouncil.org

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**NUTRITION
COUNCIL**