



# 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



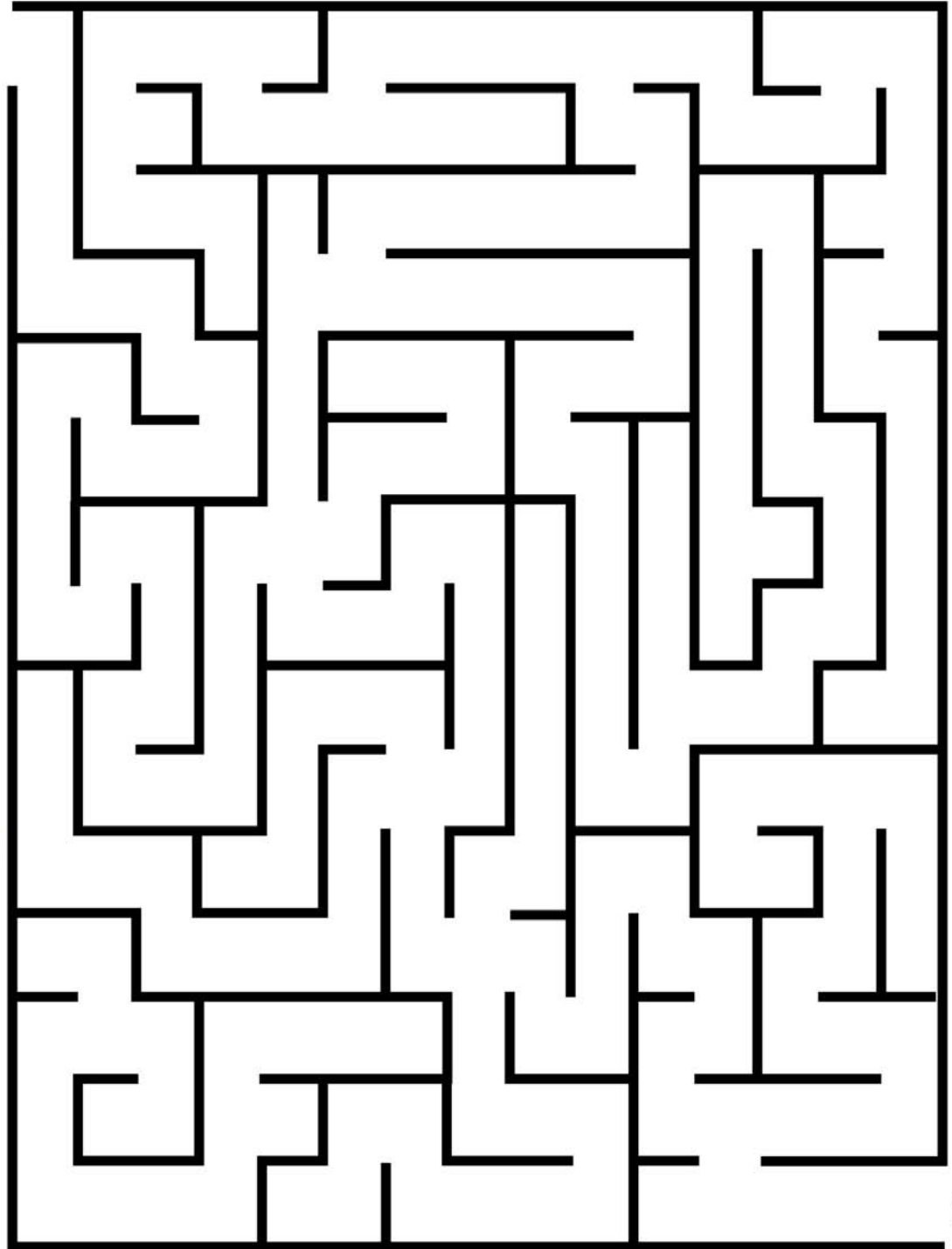
## Ice Cream

1 scoop = 118mg



## Broccoli

1 cup = 90mg



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 1300mg of calcium daily.



National Institutes of Health/  
Department of Health & Human Services  
<http://www.nichd.nih.gov/milk/kidsteens.cfm>