



# Young Teens Need Calcium.

## So pour it on!

The early teen years are critical for bone growth. To build strong bones, young teens need a diet rich in calcium. All it takes is at least 3 cups of low-fat or fat-free milk every day, plus other calcium-rich foods.

**To learn more, call 1-800-370-2943  
or visit [www.nichd.nih.gov/milk](http://www.nichd.nih.gov/milk).**

**milk**  **Matters**  
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