

COWabunga Calcium Challenge!

Bo knows she needs calcium for strong bones and teeth. Do you know what foods give you calcium? Use the calcium clues along the way to help Bo get to the Great Calcium 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



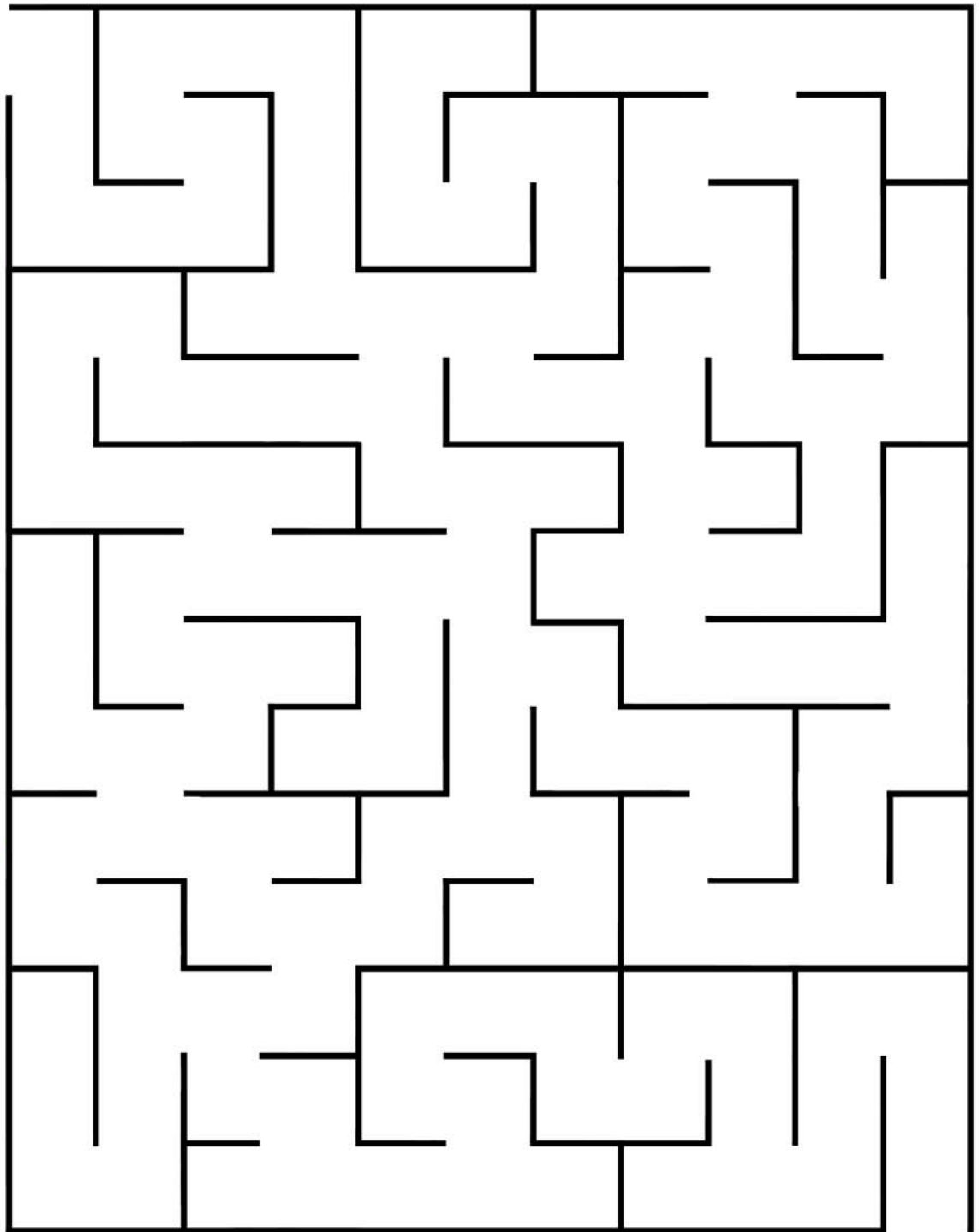
Ice Cream

1 scoop = 118mg



Broccoli

1 cup = 90mg



FINISH



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