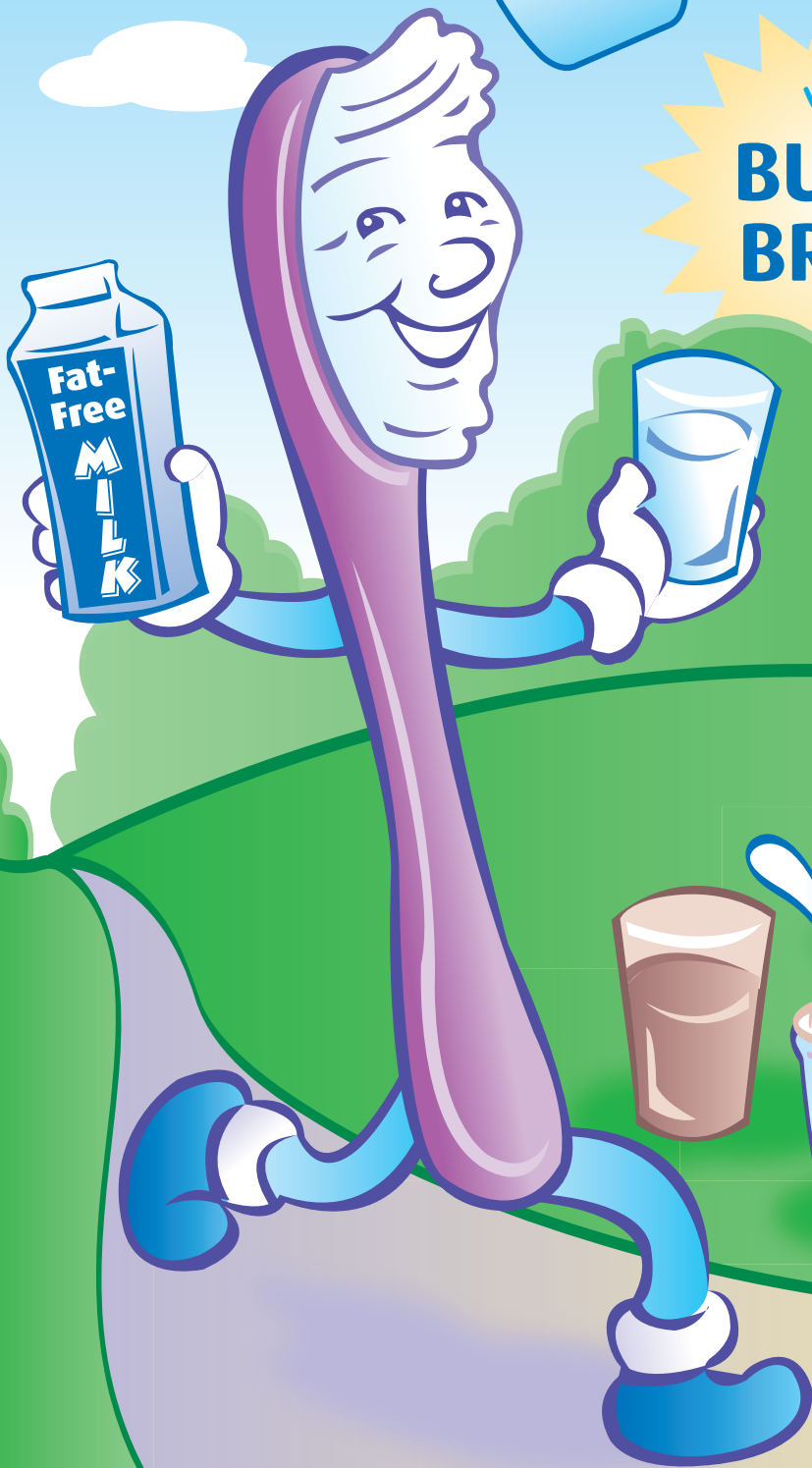


milk



Matters

WITH
**BUDDY
BRUSH**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Institute of Child Health and Human Development



Note to Parents

This coloring book is designed for children ages 4 to 8 to help teach them about the importance of calcium for building strong teeth and a healthy body. Milk and other dairy products give kids the calcium they need for growth and development.* Kids ages 4 to 8 need 800 milligrams of calcium each day. At the end of this coloring book, you will find a list of foods that are high in calcium and that can be an excellent part of a healthy diet.

In addition to getting calcium, it is important for kids to brush their teeth with fluoride toothpaste at least twice a day to help protect their teeth from cavities.

For more information or materials on the importance of milk and calcium, please contact:

NICHD Information Resource Center

Phone: 1-800-370-2943 (TTY: 1-888-320-6942)

Fax: (301) 984-1473

Mail: P.O. Box 3006, Rockville, MD 20847

E-mail: NICHDInformationResourceCenter@mail.nih.gov

Internet: <http://www.nichd.nih.gov/milk>

* Children ages 1 to 2 should drink whole milk. When children are between ages 2 and 5, parents should gradually switch children to low-fat or fat-free (skim) milk.

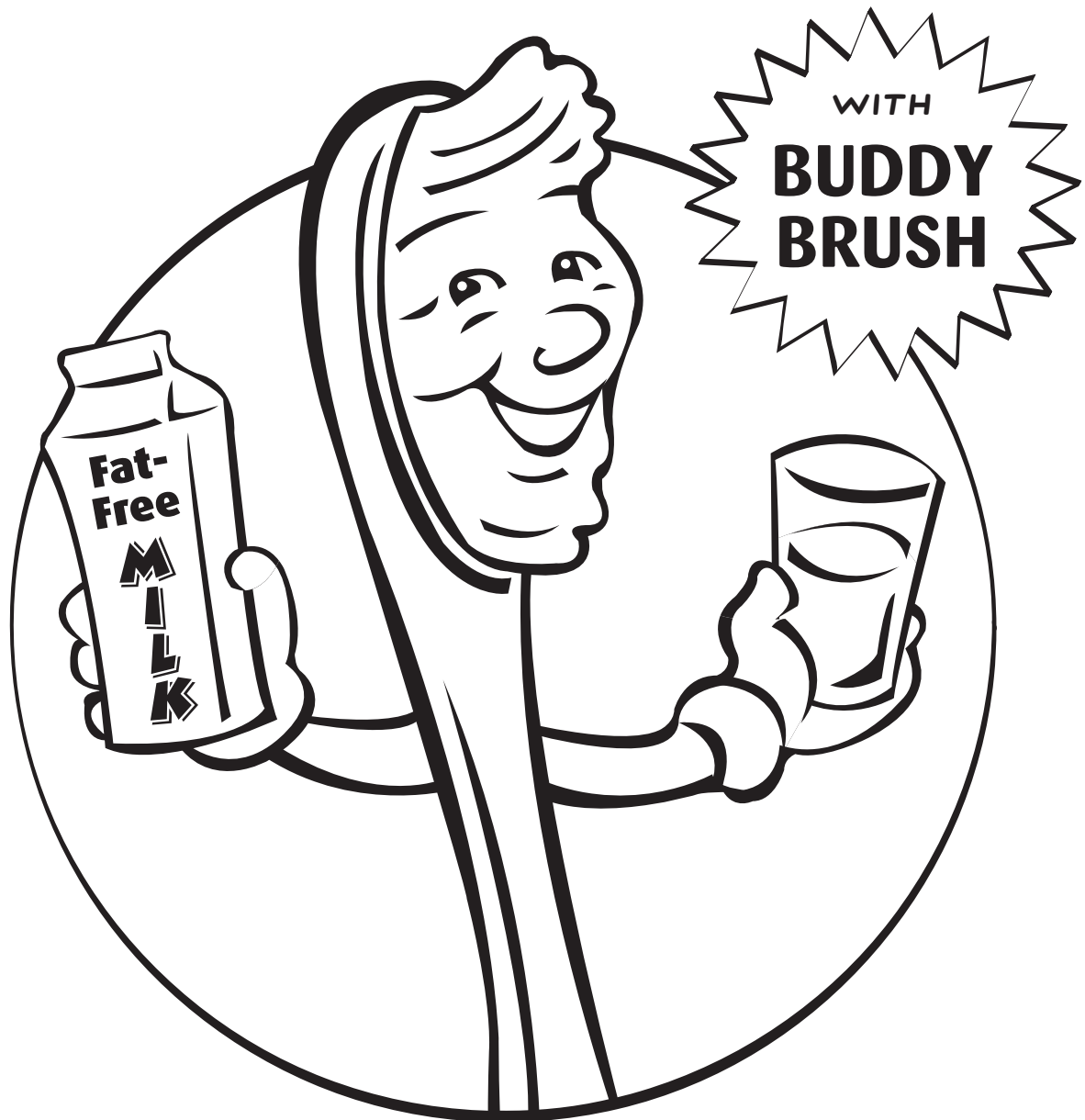


National Institute
of Child Health
and Human
Development



National Institute
of Dental and
Craniofacial
Research

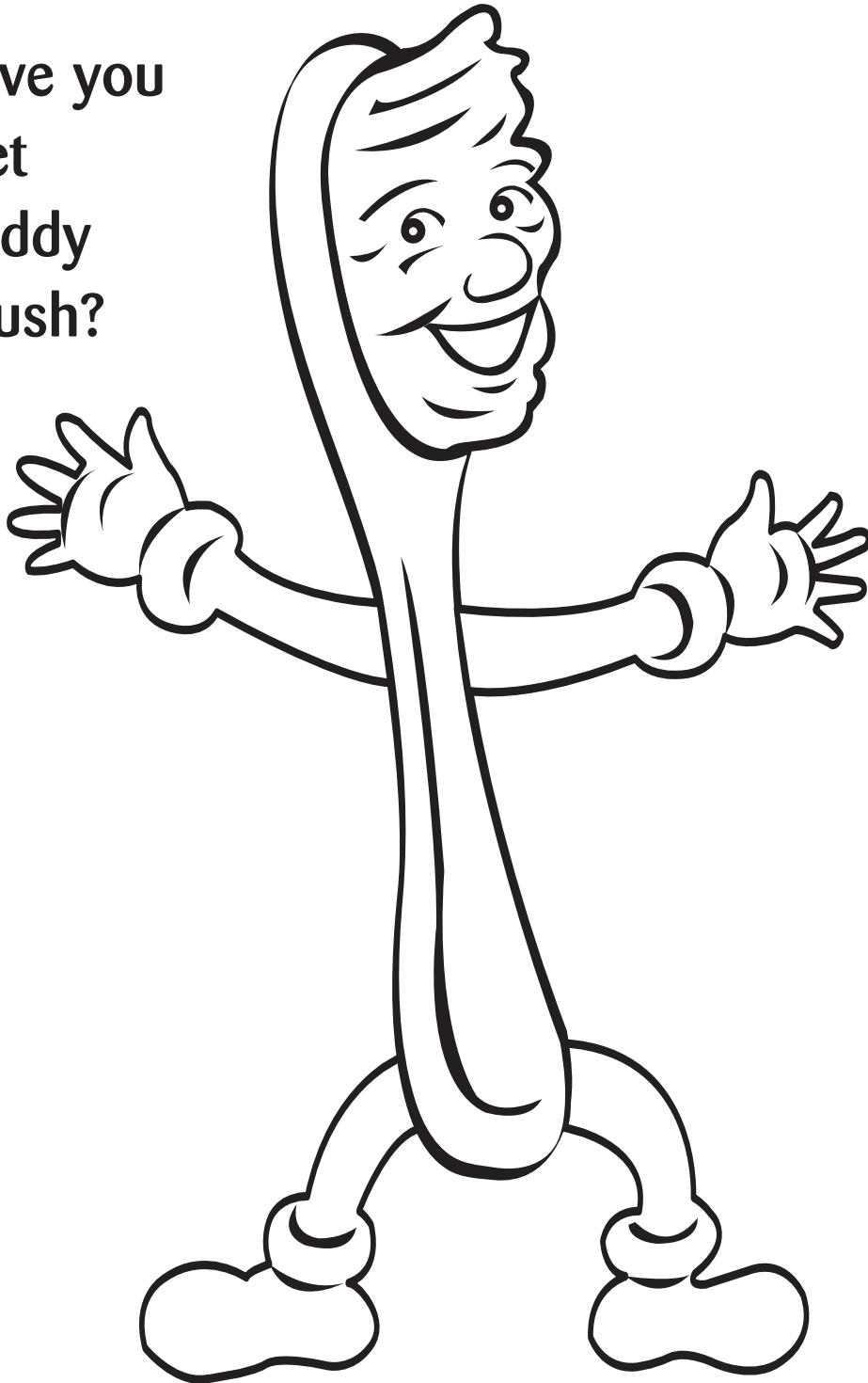
milk matters



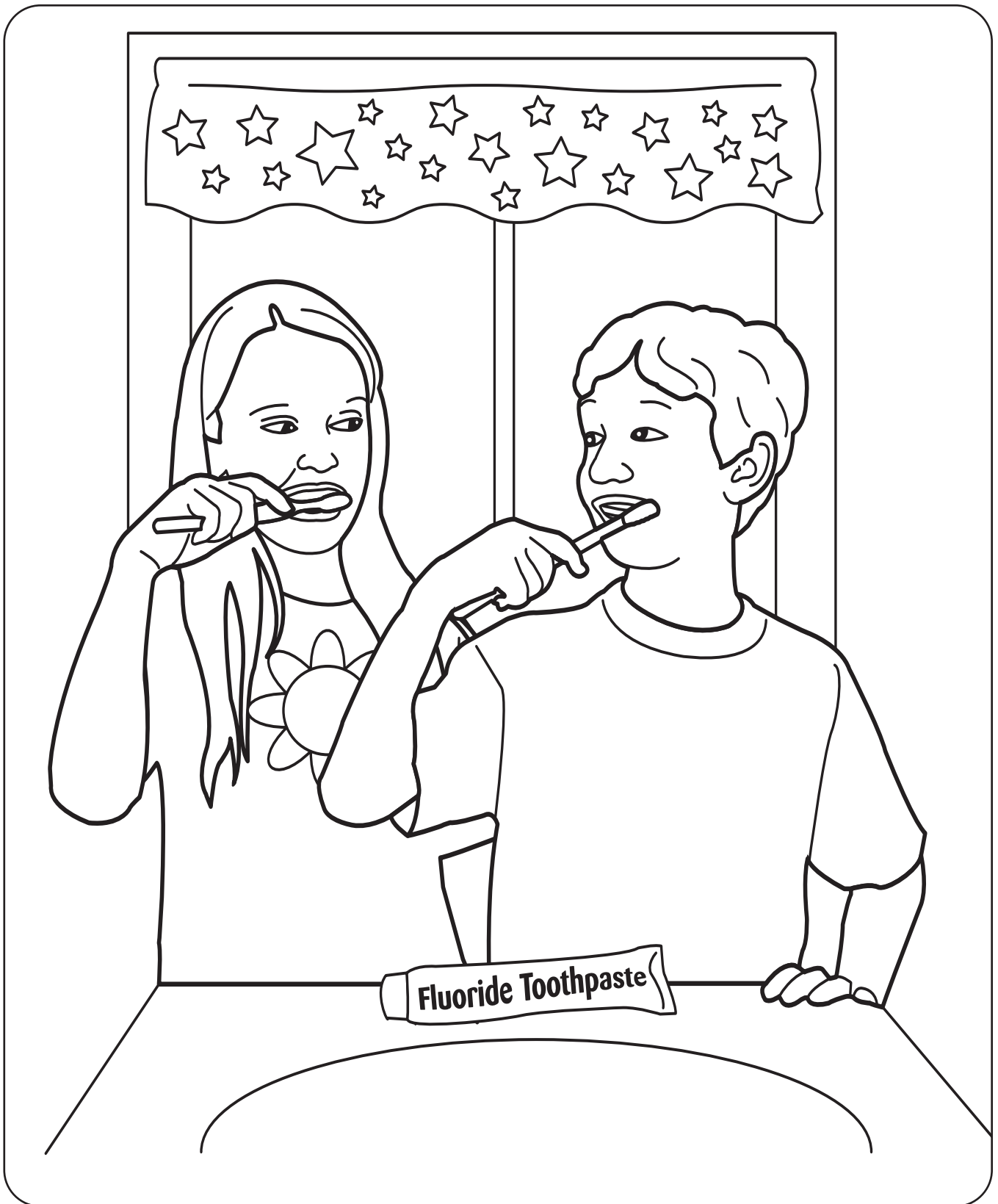
A COLORING BOOK

National Institutes of Health
National Institute of Child Health and Human Development
National Institute of Dental and Craniofacial Research

Have you
met
Buddy
Brush?



His job is to make sure
kids take good care of their teeth.



**It makes Buddy feel good when kids
brush their teeth after every meal.**

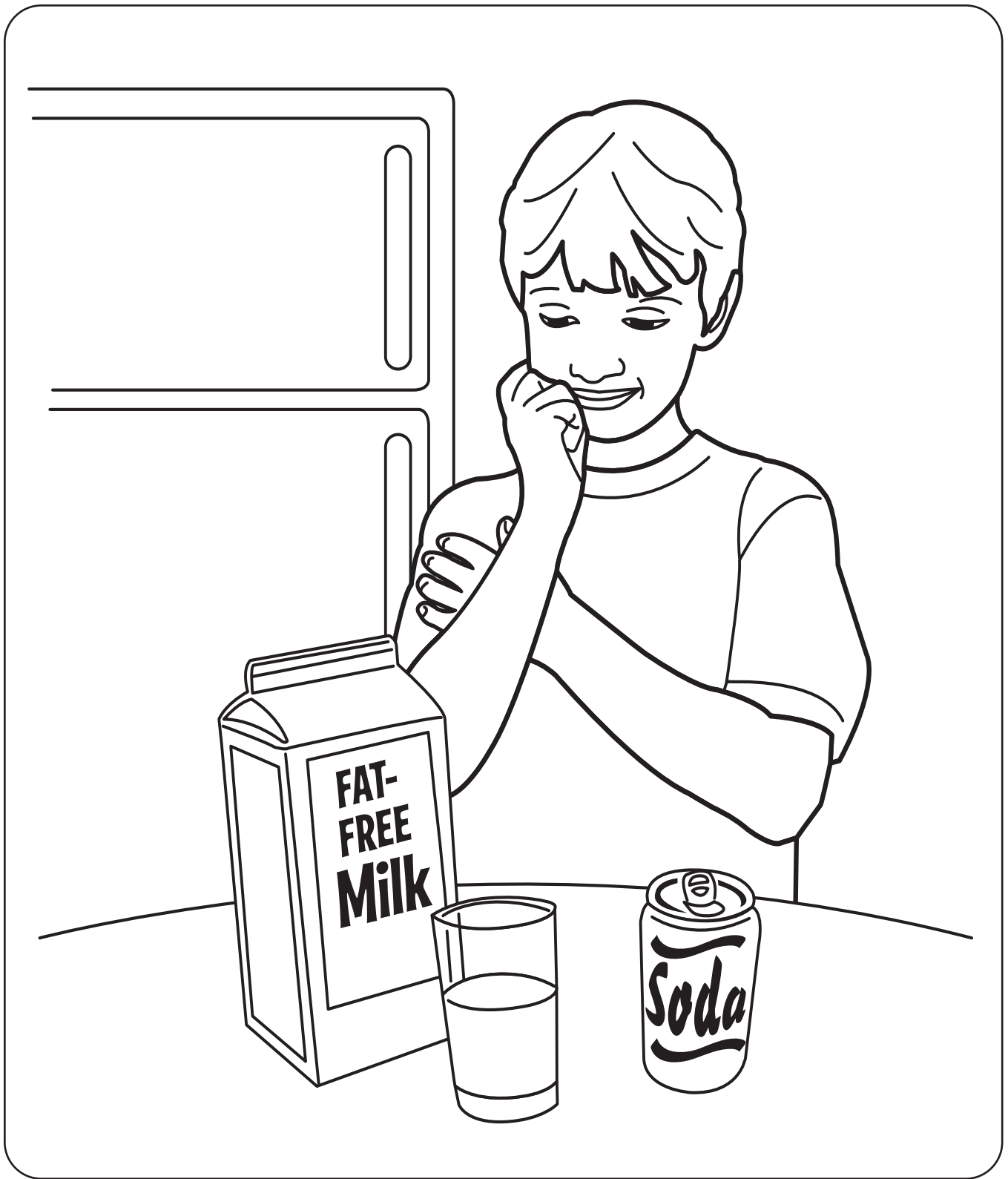
Buddy beams when children drink milk.
Milk helps keep kids' teeth and bones strong.





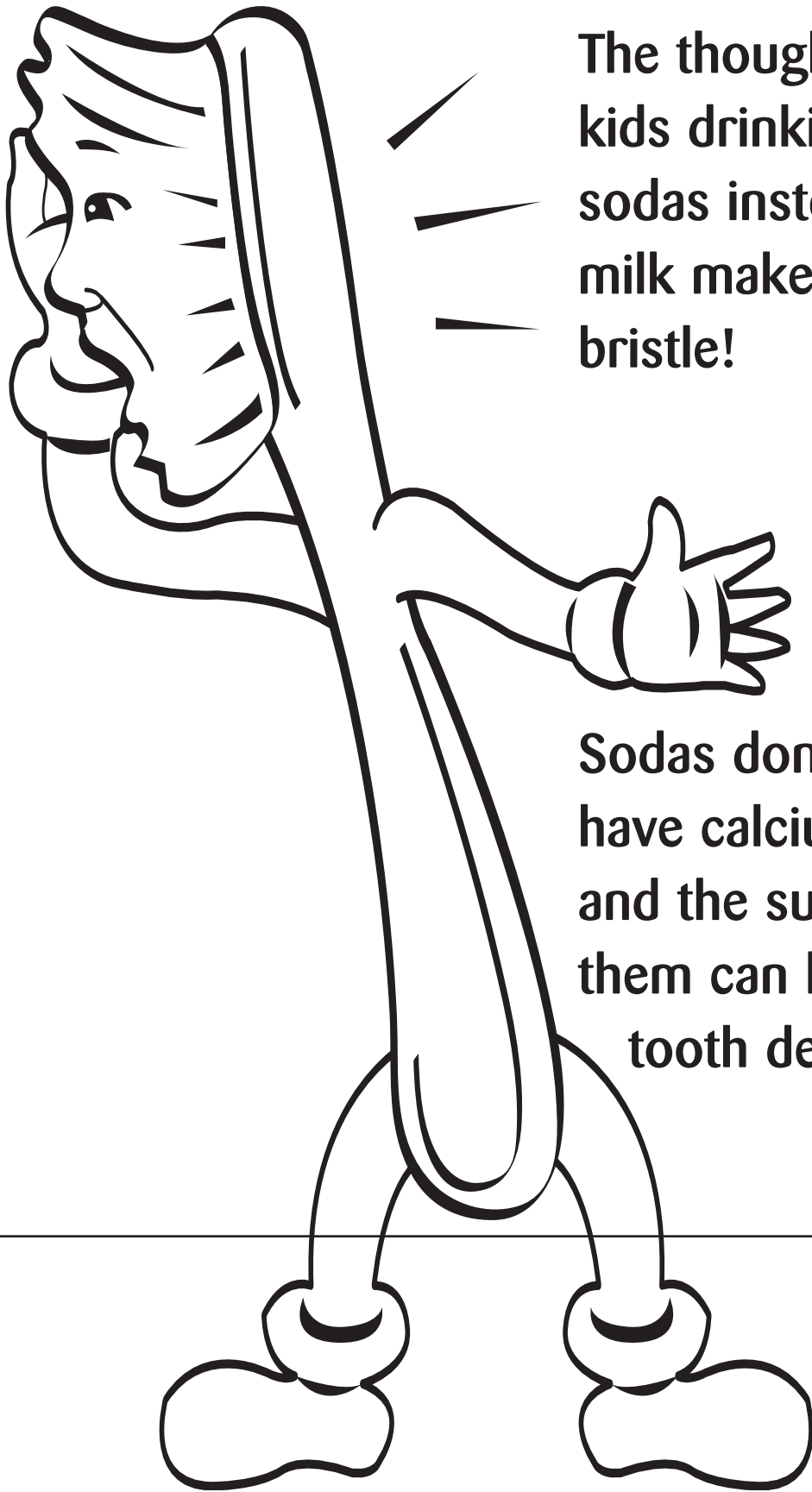
Milk matters!

**That's because milk has calcium,
a nutrient that helps your body build
strong teeth and bones.**



**Did you say you'd rather have a soda
than a glass of milk with your meal?**

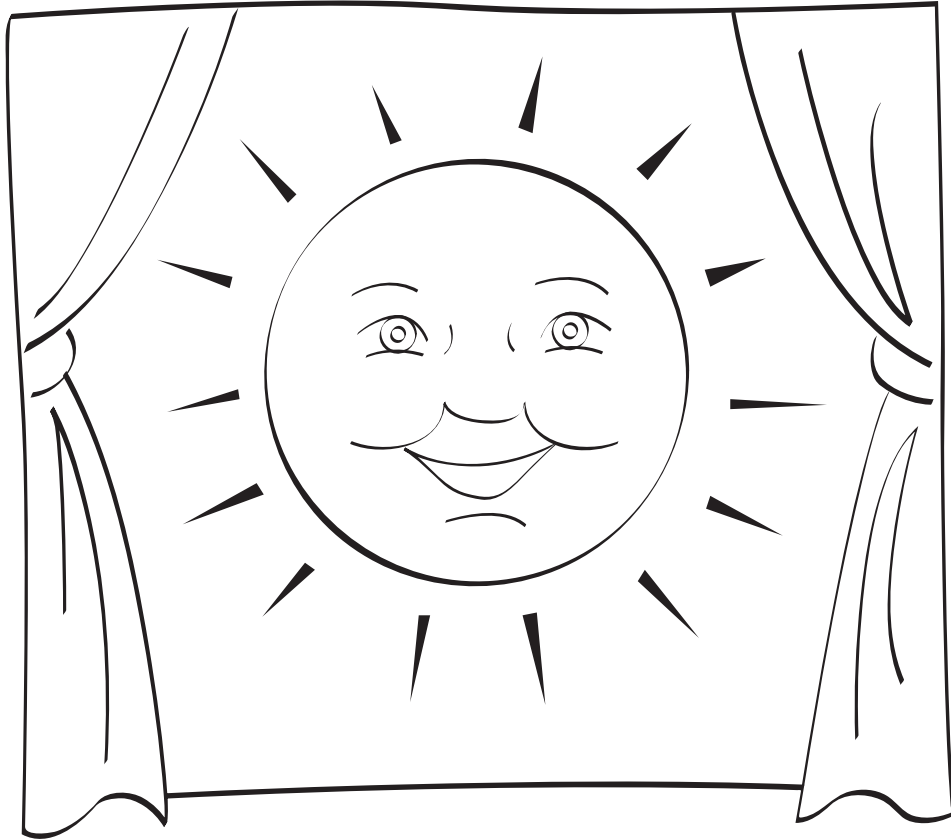
Look out!



The thought of
kids drinking
sodas instead of
milk makes Buddy
bristle!

Sodas don't
have calcium —
and the sugar in
them can lead to
tooth decay.

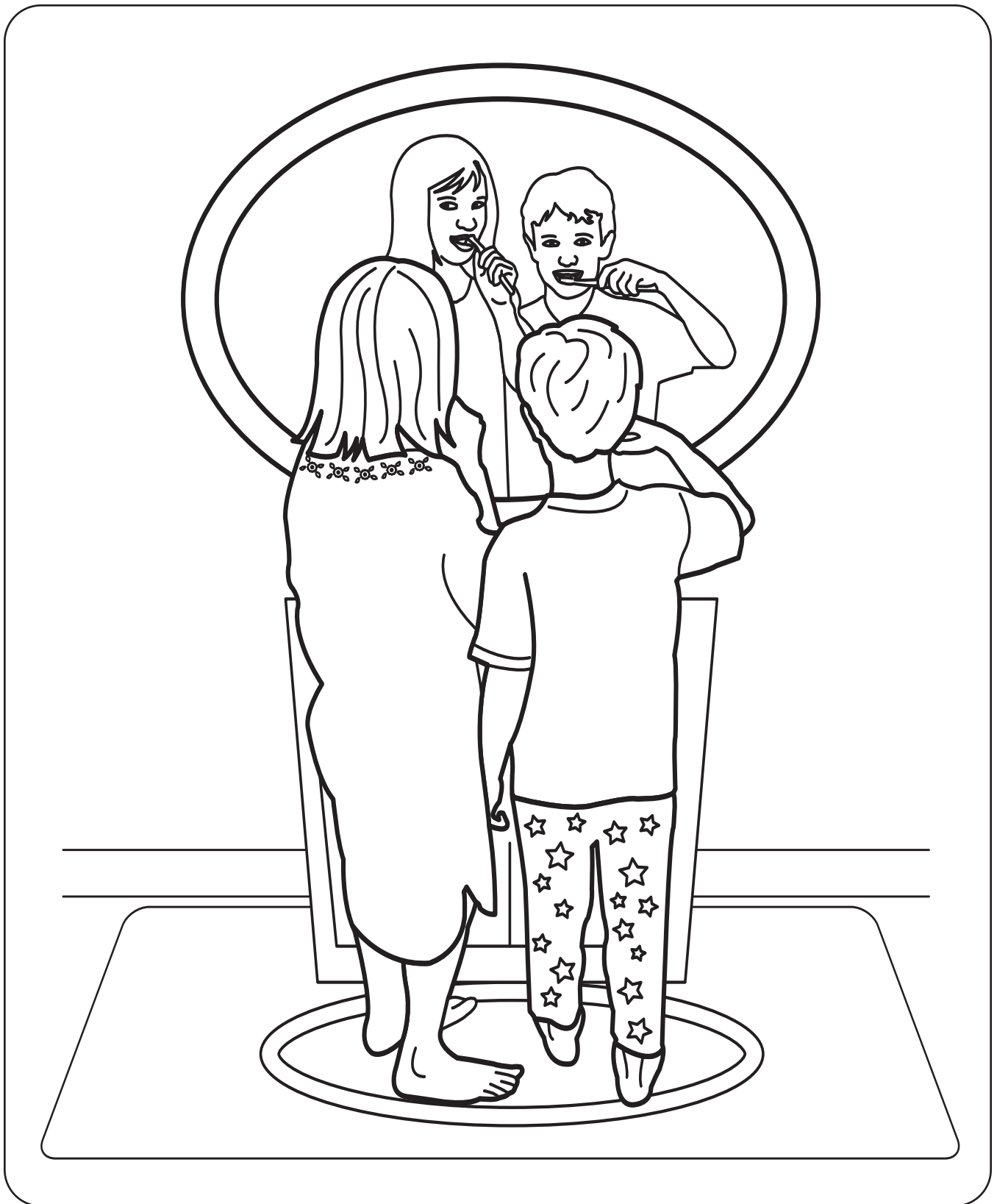
You can help Buddy keep his cool.



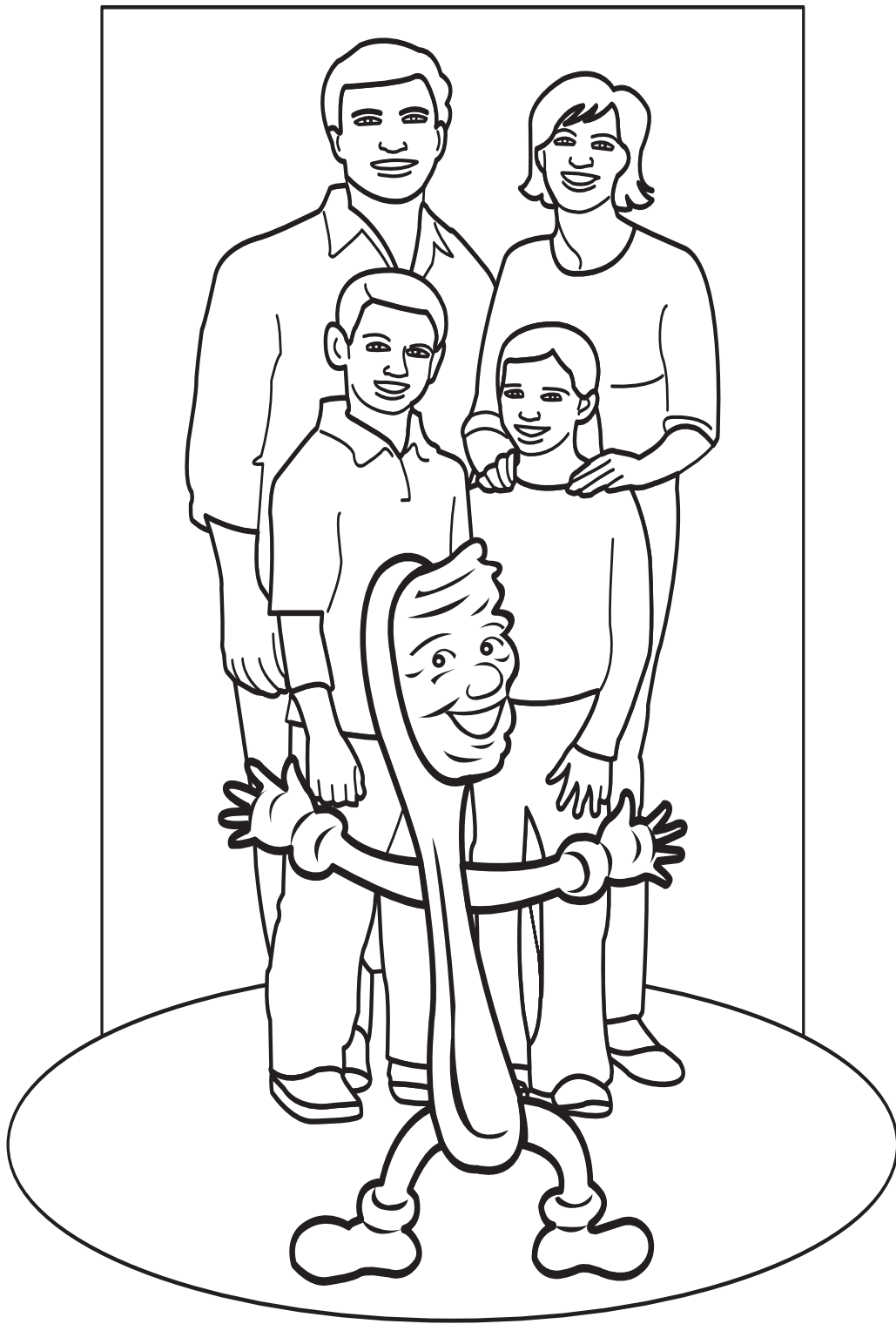
Make sure you get enough calcium every day.

For kids ages 4 to 8, that means

3 cups of milk a day.

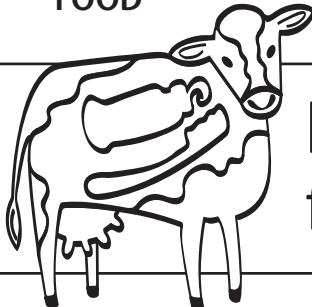





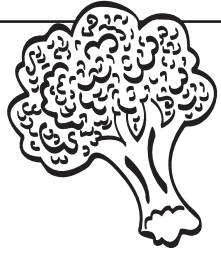


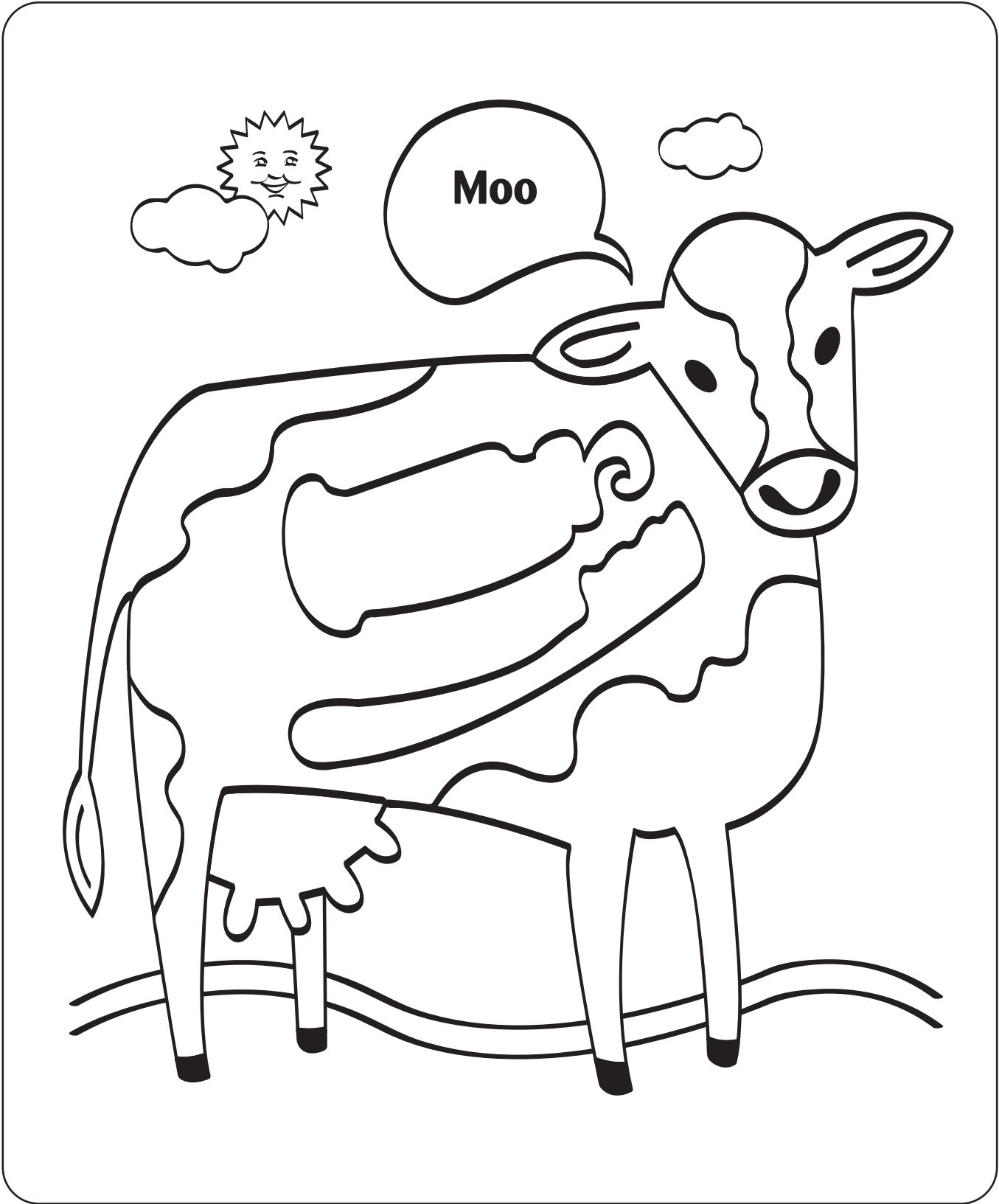
After you drink your milk,
make sure you brush your teeth
before you head to bed.



**Buddy Brush bets that
your teeth will last
a lifetime!**

You can get calcium from these foods:

SERVING SIZE	FOOD	CALCIUM MILLIGRAMS (MG)
8 fluid oz (1 cup)	 low-fat or fat-free milk	300
1 cup	 plain low-fat or fat-free yogurt	450
1 cup	 calcium-fortified orange juice	350
1 slice	cheese pizza 	200
1/2 cup	 low-fat or fat-free cheddar cheese	204
1 cup	macaroni & cheese 	100
1 medium stalk	 broccoli, raw	180
1 cup	broccoli, cooked	94



Milk matters.



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