

## For Strong Bones...for Lifelong Health...Milk Matters!

(2005)

QUANTITY

0314



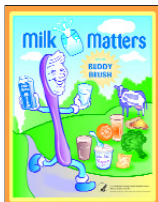
This 16-page booklet explains that young people ages 11 to 18 need calcium and physical activity to build strong bones that last a lifetime. The booklet also lists foods that contain calcium and describes ways to include more calcium in the diet each day.

## Milk Matters with Buddy Brush Coloring Book

(2006)

QUANTITY

0345



This 14-page coloring book is designed to teach parents and children about the importance of calcium and oral health care. The booklet, for children ages 4 to 8, follows Buddy Brush as he explains why calcium is critical not only to good health, but also to healthy teeth, and outlines

how to take good care of teeth.

## Bone Up on Bone Loss!

(2000)

QUANTITY

0138



This fact sheet discusses the importance of physical activity for building strong and healthy bones. It also explains the role of calcium for good bone health. Done in partnership with the American Academy of Orthopaedic Surgeons.

## Young teens need calcium...so pour it on! (Poster)

(2005)

QUANTITY

0315



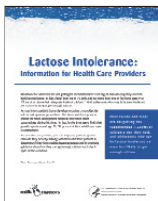
This 11x17 poster explains why young people ages 11 to 18 need calcium to build strong bones that will last a lifetime. It also includes contact information for learning more about the Milk Matters calcium education campaign.

## Lactose Intolerance: Information for Health Care Providers

(2006)

QUANTITY

0339



This 6-page fact sheet for health care providers describes lactose intolerance, its prevalence, and its symptoms and outlines strategies people can use to ensure they still get enough calcium despite the condition.

## Building Strong Bones:

## Calcium Information for Health Care Providers

(2006)

QUANTITY

0340



This 6-page fact sheet explains to health care providers why calcium is important for young people ages 11 to 18, lists how much calcium young people need, presents strategies for including calcium in the day's diet, and suggests other ways to help patients get the build strong bones and

teeth.

## Salud! con leche... Para huesos fuertes... Para toda su vida

(2006)

CUÁNTO

0337



Este folleto de 20 páginas explica por qué la gente joven entre los 11 y los 18 años de edad necesita del calcio y de la actividad física para construir y mantener huesos fuertes que duren toda la vida. El folleto también incluye una lista de los alimentos que contienen calcio y describe formas para incluir más calcio en la dieta diaria.

## Salud con leche! y el Amiguito Cepillito

(2007)

CUÁNTO

0395



Este libro para colorear de 14 páginas cuyo objetivo es enseñar a los padres y niños sobre la importancia del calcio. En este libro para niños de 4 a 8 años de edad, el Amiguito Cepillito explica por qué el calcio es esencial no solamente para la buena salud sino que también para los dientes sanos y enseña qué se debe hacer para cuidar bien los dientes.

## Los muchachos jóvenes necesitan calcio...y ¡que mejor que la leche!

(2006)

CUÁNTO

0338



Este afiche (póster) diseñada para enseñar a los padres, los niños, y los profesionales del cuidado de la salud, la importancia del calcio para los niños y adolescentes. Tiene el logotipo e información de contacto de la campaña e indica cómo conseguir materiales adicionales de la importancia de la leche.

## Milk Matters Online Teacher Activities

(2007)

These easy-to-use resources combine hands-on classroom lessons with take-home assignments, classroom discussion, and more to help students understand the role of calcium in nutrition and bone health. Activities correlate with National Health Education Standards. Activities include:

- ◆ **Calcium Collector:** Students learn the benefits of calcium and which foods have it, then play a game to achieve 1,300 calcium points.
- ◆ **Smart Snack Cookbook:** Students create their own healthy snack recipes and then make calcium-rich smoothies.
- ◆ **Great Calcium Challenge:** Students learn how to read nutrition labels, then calculate and track their calcium intake.

The site also includes a [Lactose Intolerance Discussion Guide](#), a [Calcium Fact Sheet](#), [Glossary](#), and [Assessment Ideas](#).

You can download the teacher activities at: [www.nichd.nih.gov/milk/teachers/index.cfm](http://www.nichd.nih.gov/milk/teachers/index.cfm)

NAME: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

E-MAIL (OPTIONAL): \_\_\_\_\_

PHONE: \_\_\_\_\_

HOW DID YOU HEAR ABOUT US?: \_\_\_\_\_

To order materials, contact:

**NICHD Information Resource Center:**

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

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

FAX: (301) 984-1473

E-MAIL: [NICHDInformationResourceCenter@mail.nih.gov](mailto:NICHDInformationResourceCenter@mail.nih.gov)

Internet: <http://www.nichd.nih.gov/publications/pubs.cfm>

Milk Matters is a calcium education campaign from the National Institute of Child Health and Human Development, National Institutes of Health, U.S. Department of Health and Human Services.