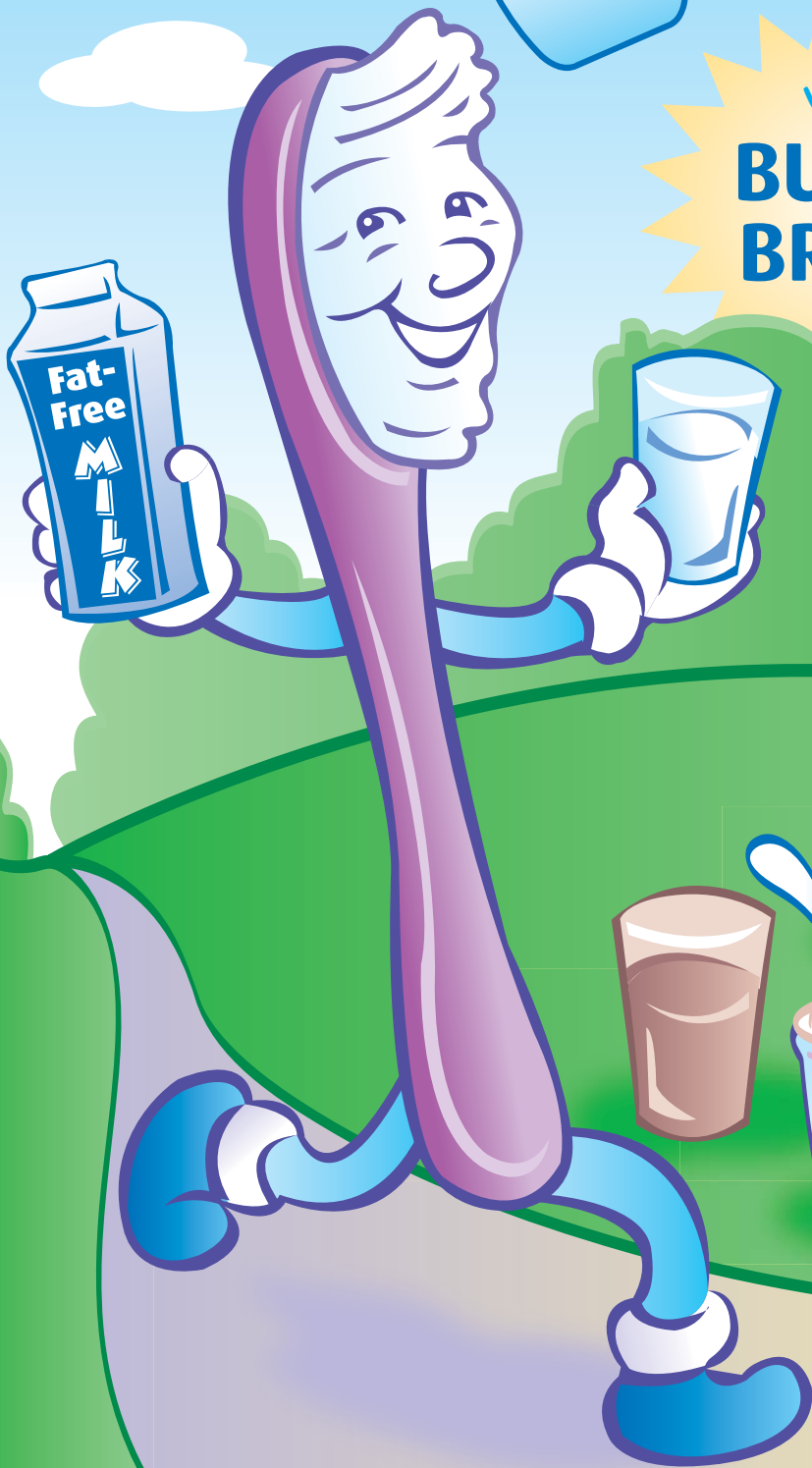


# milk



# 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](mailto: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.

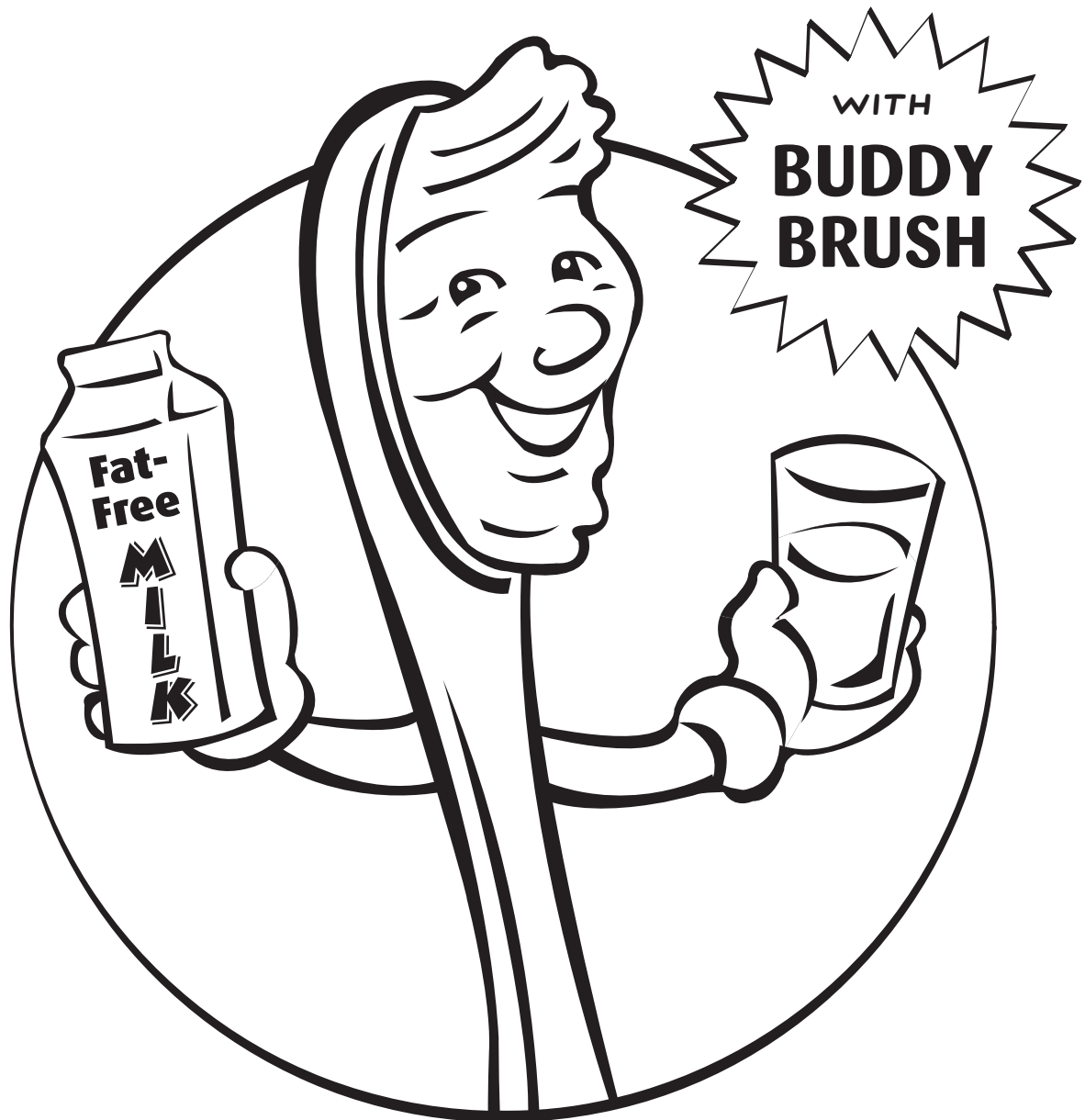


National Institute  
of Child Health  
and Human  
Development



National Institute  
of Dental and  
Craniofacial  
Research

# milk matters

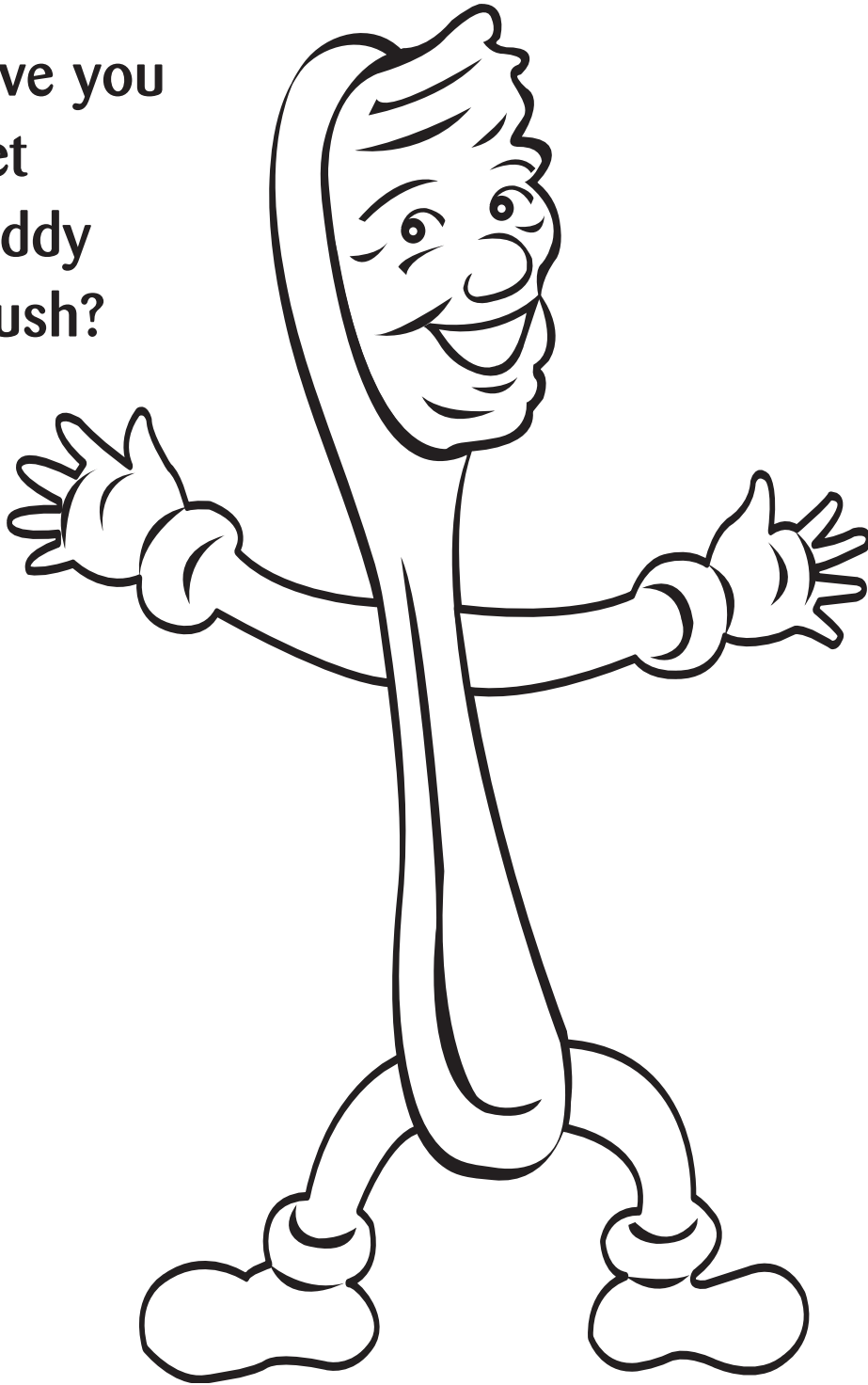


## A COLORING BOOK

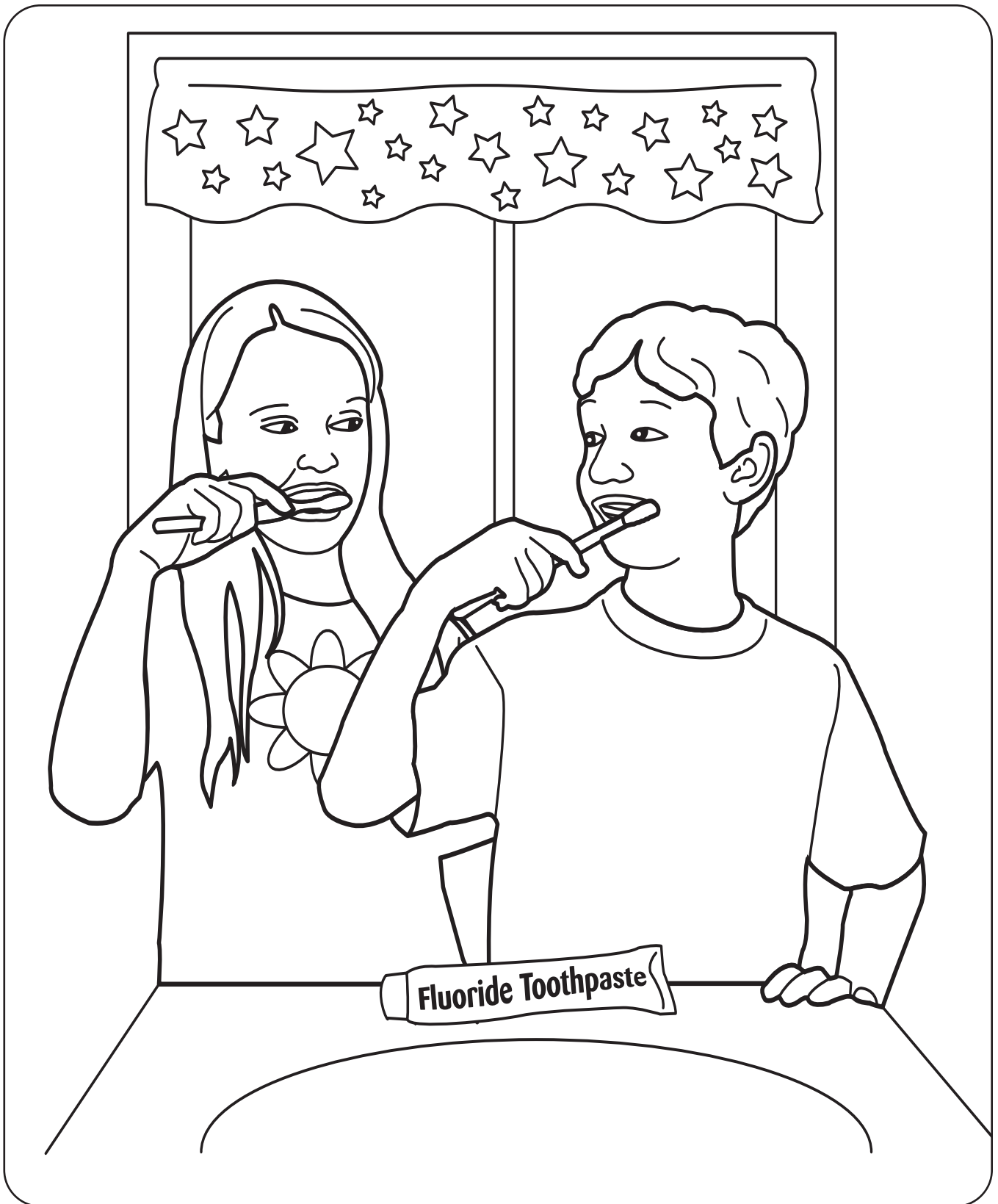
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National Institutes of Health  
National Institute of Child Health and Human Development  
National Institute of Dental and Craniofacial Research

Have you  
met  
Buddy  
Brush?



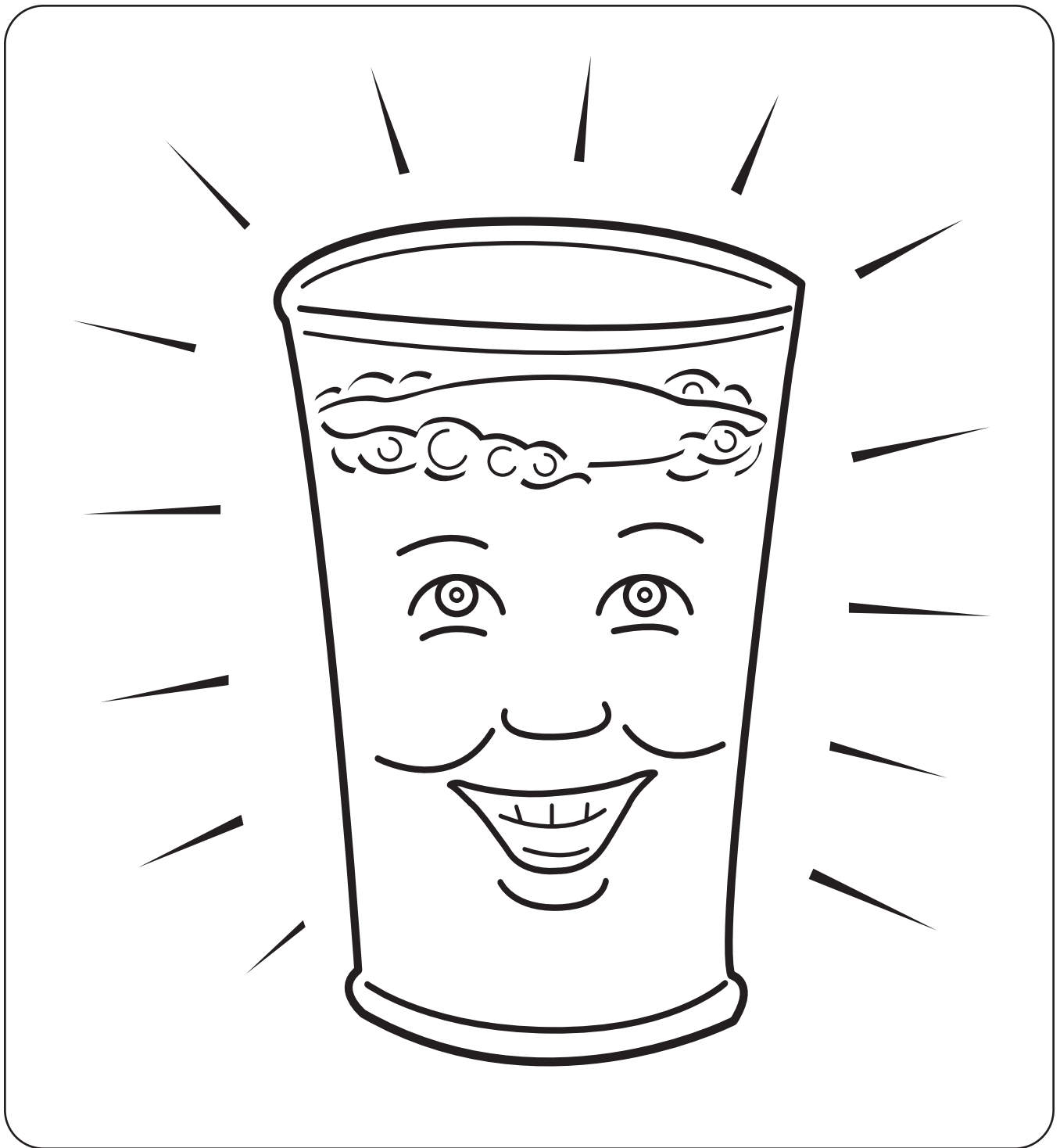
His job is to make sure  
kids take good care of their teeth.



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

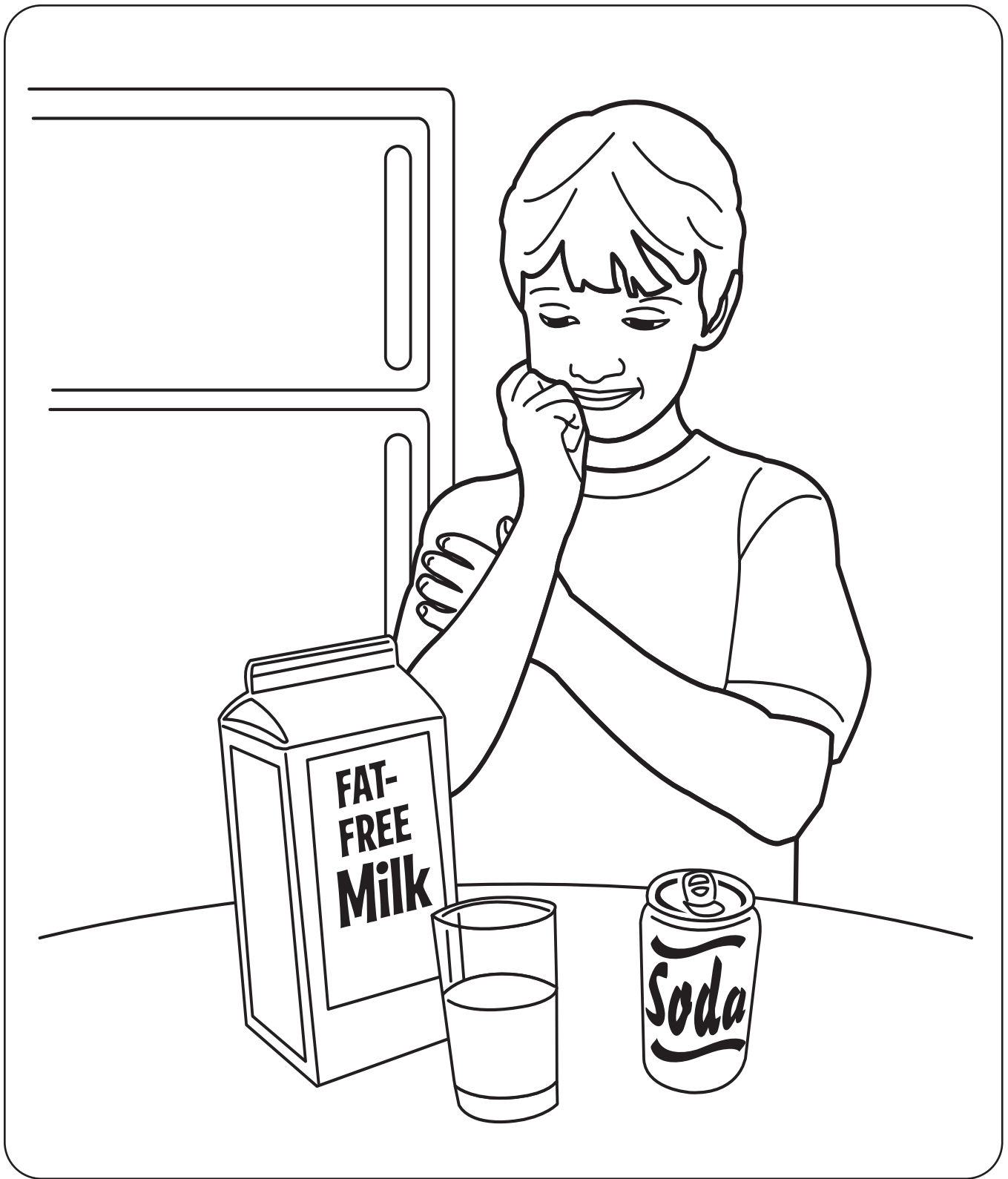
Buddy beams when children drink milk.  
Milk helps keep kids' teeth and bones strong.





**Milk matters!**

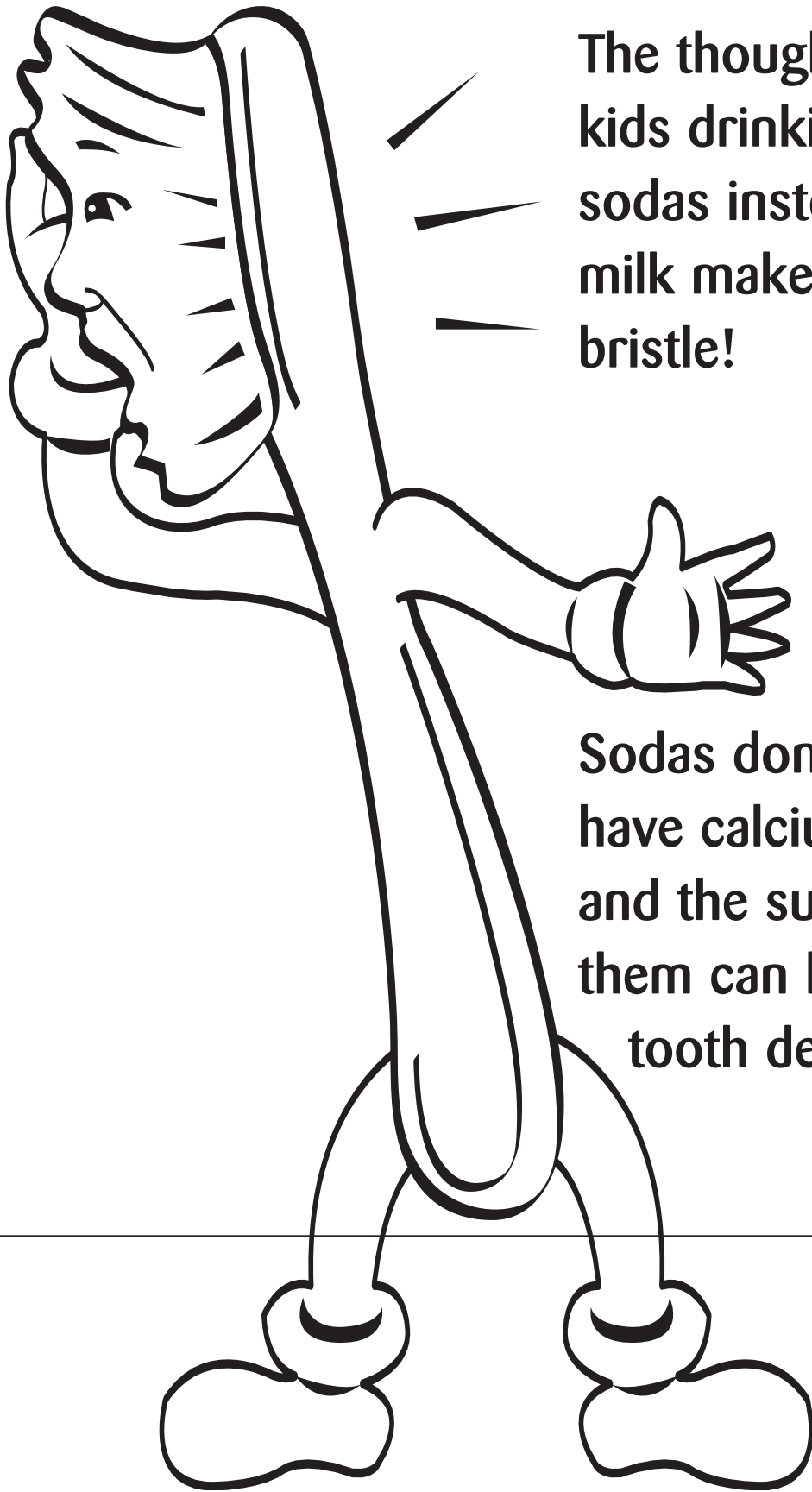
**That's because milk has calcium,  
a nutrient that helps your body build  
strong teeth and bones.**



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

**Look out!**

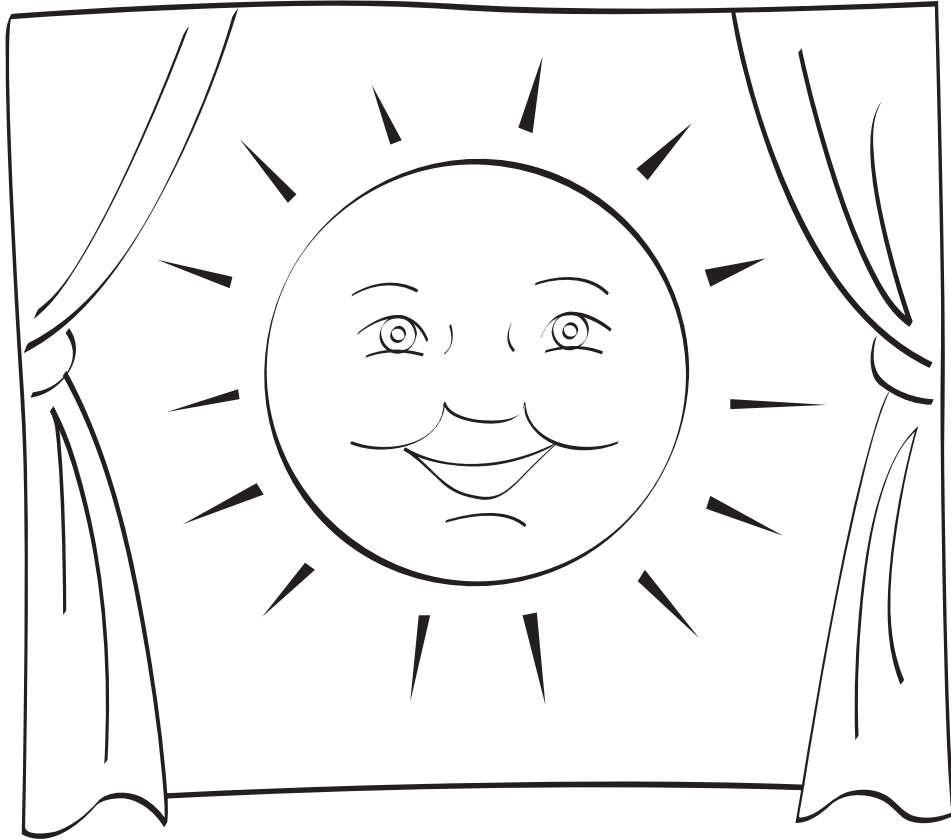




The thought of  
kids drinking  
sodas instead of  
milk makes Buddy  
bristle!

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

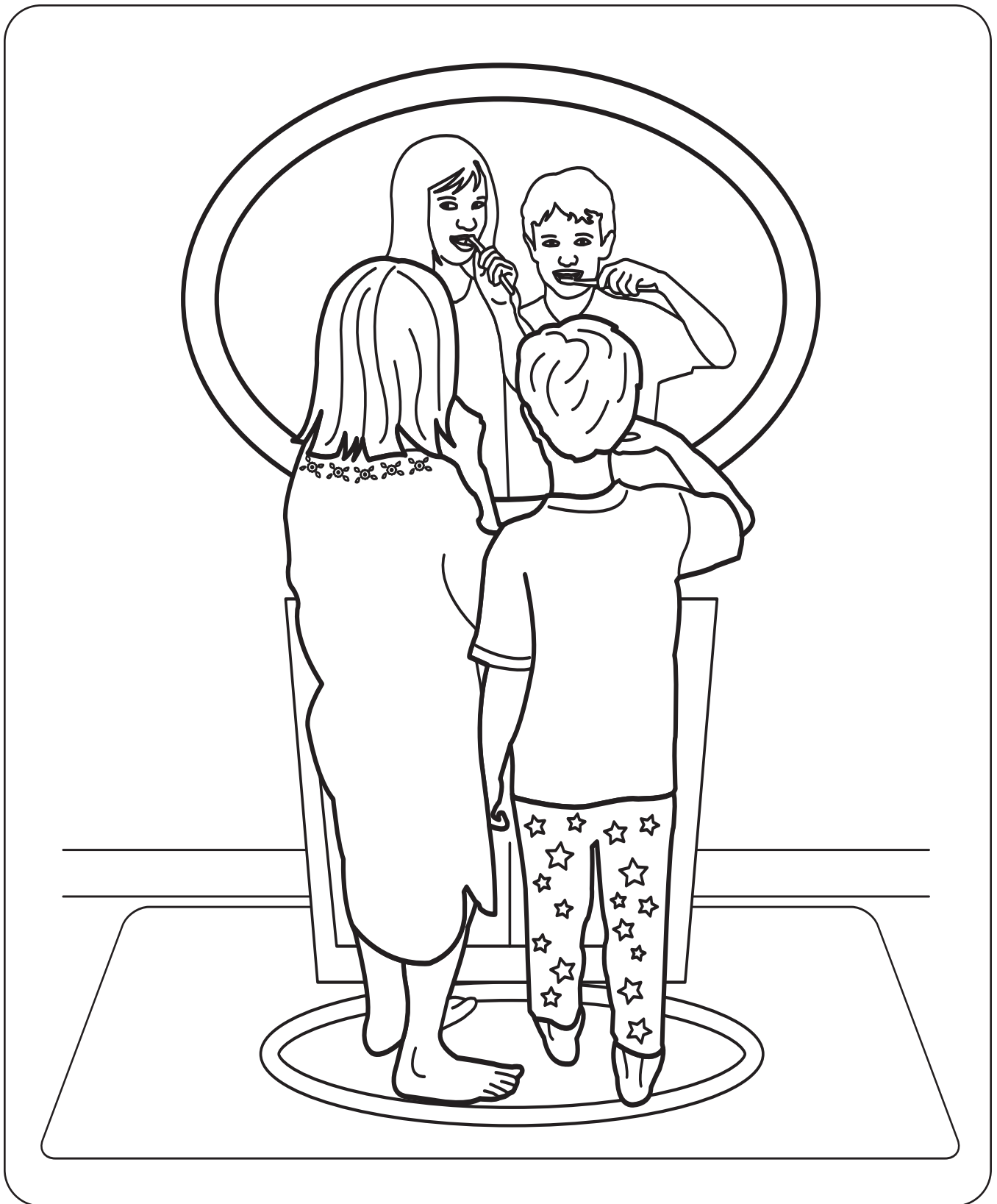
**You can help Buddy keep his cool.**



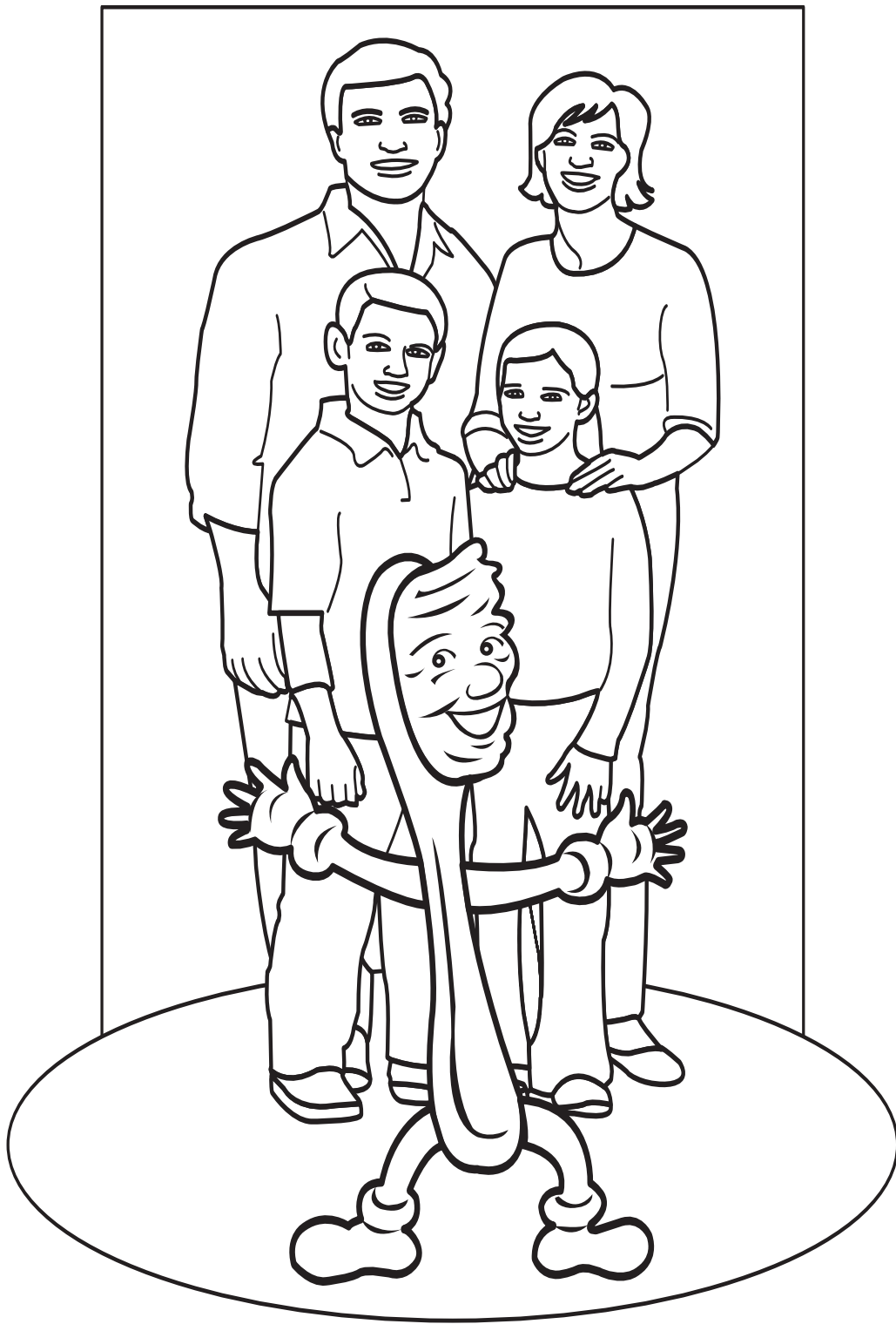
**Make sure you get enough calcium every day.**

**For kids ages 4 to 8, that means**

**3 cups of milk a day.**

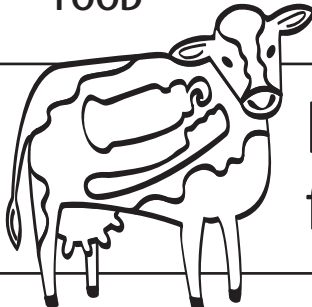

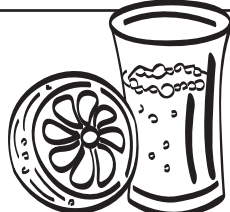



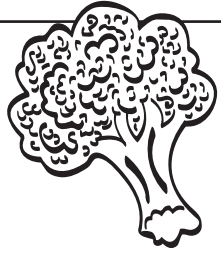
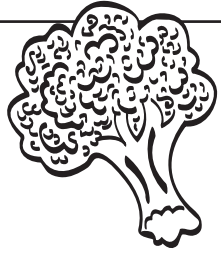


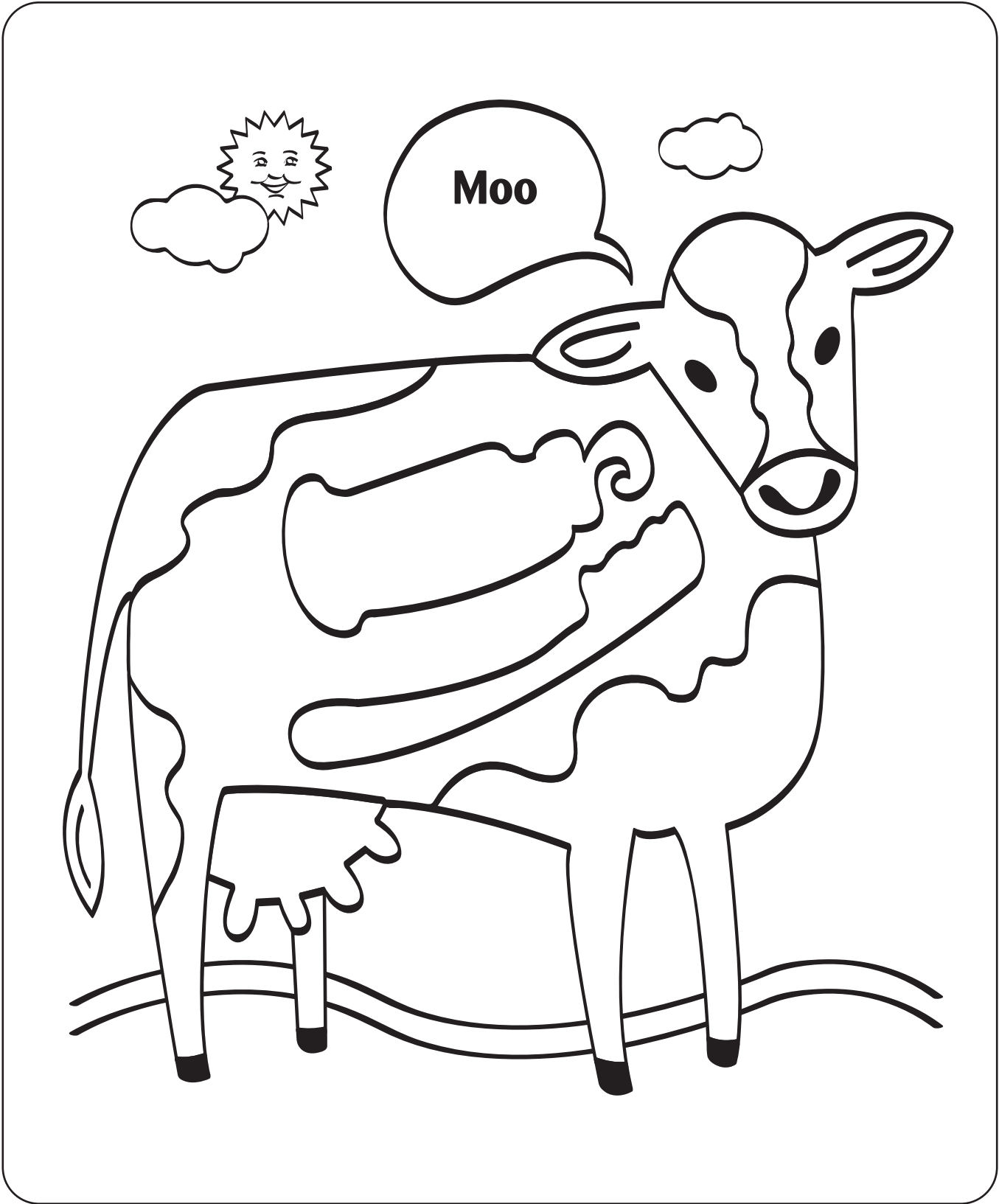
After you drink your milk,  
make sure you brush your teeth  
before you head to bed.



**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)	 <b>low-fat or fat-free milk</b>	300
1 cup	 <b>plain low-fat or fat-free yogurt</b>	450
1 cup	 <b>calcium-fortified orange juice</b>	350
1 slice	<b>cheese pizza</b> 	200
1/2 cup	 <b>low-fat or fat-free cheddar cheese</b>	204
1 cup	<b>macaroni &amp; cheese</b> 	100
1 medium stalk	 <b>broccoli, raw</b>	180
1 cup	 <b>broccoli, cooked</b>	94



Milk matters.





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