

Is Your Child Getting Enough Calcium? – Fall 2008

According to the American Academy of Pediatrics, “getting enough calcium during childhood and adolescence is necessary for peak bone mass development, which may help reduce the risk of fractures and osteoporosis later in life.” The most important period of bone development occurs between 9 - 18 years of age. The AAP recommends that children ages 4 - 8 consume 800 mg (3 servings) calcium daily and children ages 9 - 19 consume 1,300 mg (4 servings) calcium daily. How can you get your kids to consume enough calcium?

- Drink milk instead of soda at meals.
- Boost the calcium in salads with garbanzo or kidney beans, cheese, broccoli, or almonds.
- Choose low fat cheese, yogurt, smoothies (made with yogurt), flavored milk or milkshakes for a treat.
- Use low-fat yogurt on its own or with fresh fruit. Add it to pancakes or waffles, shakes, salad dressings, dips, and sauces.
- Try calcium-fortified juice and calcium-fortified waffles or cereal for breakfast.
- Add powdered milk to foods.
- Still not enough calcium daily? Try chewable “Viactiv” calcium supplements.