

# Get Your Calcium Rich Foods



Dairy products are your **best** source of calcium.

**Milk products are your best source of calcium for bone development and maintenance.**

**Teens and adults should have 3 cups\* (3 servings) and children (ages 2 to 8) 2 cups (2 servings) of fat-free milk, low-fat milk, or equivalent milk products (yogurt and cheese) every day.**

**Serving sizes of milk, yogurt, and cheese:**

- 1 cup milk
- 1 1/2 to 2 ounces of cheese
- 1 cup yogurt



**Dairy calcium sources:**

- milk
- hard cheese
- yogurt
- cottage cheese
- ice cream, low-fat ice cream
- pudding, custard

**Non-dairy calcium sources:**

- calcium-enriched orange juice
- tofu (with calcium sulfate)
- sardines and canned salmon (with bones)
- broccoli
- greens (turnip and beet), okra
- cooked dried beans

**Include more milk products in your diet.**

- Use milk when making homemade or canned soups such as tomato, clam chowder, and cream of mushroom soup.
- Make hot cereals and instant hot chocolate/cocoa with milk instead of water.
- Add nonfat dry milk powder to meat loaf, milk drinks, cream soups, and pudding recipes.

*\*The recommendation of 3 cups of milk every day is based on a 2,000 calorie diet. Go to [www.mypyramid.gov](http://www.mypyramid.gov) for personalized nutritional recommendations.*



University of Illinois \* United States Department of Agriculture \* Local Extension Councils Cooperating  
University of Illinois Extension provides equal opportunities in programs and employment.  
This material was funded by USDA's Food Stamp Program.