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.
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:

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

Milk matters.
To order additional coloring books, please contact NICHD Information Resource Center at
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National Institute of Child Health and Human Development
National Institute of Dental and Craniofacial Research

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