

CALCIUM = Strong Bones

Calcium is necessary for strong bones.



Kids aged **4 – 8 years old** need to have at least 800 mg of Calcium daily.



800 mg = 2 and 2/3 cups of milk minimum.

Those between the **ages of 9 and 18** need to have 1,300 mg per day.

1300 mg = 4.3 cups.



Older children need more because their bones are growing fast, and they need the extra

calcium for making strong bones.

Adults 19 and older need to have 1,000 mg of calcium a day in order to maintain their bones strong.

1000 mg = 3.3 cups of milk.

Calcium also helps with muscle contraction (helping you move your arms and legs), and it prevents blood clots. Calcium can also help delay chronic diseases and promote weight loss. Calcium is stored within the bones and is used up as needed.

When someone has too little calcium it can lead to a condition called **osteoporosis, or brittle bones**. This

makes the bones weak, and they break easily.

We can get calcium from foods such as: milk, cheese, yogurt, and ice cream, broccoli, collard and turnip greens, nuts, canned fish and beans.



Word Bank

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Find these words below in any direction, up, down, left, right, or in an angle:

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|--------------|------------|------------|
| Calcium | Nerves | Nutrient |
| Kumquat | Fig | Growth |
| Osteoporosis | Olive | Prevent |
| Bone | Blackberry | Nerve |
| Muscle | Storage | Absorption |
| Clot | VitaminD | Milk |

N Q F P M N U N P A Q E
 E X C V B A J P T I O D
 R Q R W Y V T B N Q G C
 R R F S E V R E N U T R I E N T V R U G P I
 S O W Y W E V B L C V W V V M A C H A L K S
 C U P D Y W T R Q C B A R W B U Q X P A I H
 V P Q O E Q O V B R A G A R K Q L P I S P E
 Z Y R R E B K C A L B W S P A M F Q O S H L
 W W W Y Q T Q J K B A S R D B U O R H P O B
 E N E E L A S Z L P S W S D X K O X B A B Y
 P E S W S O P F V M T K O I L P S M P C X C
 C S X N C A L C I U M P I L O R E T U K Y H
 S A W Q S A V W T G E G V E O T R H I S Q D
 U P Q V C B N Q A O B Q T G L J K C X V T R
 M I L K Q W A O M E R S C A R F W E Q E C A
 Q S S F B C E V I L O E A R P O T N B W U P
 S T W Q D F C X N B V A T O L C W P L I Q H
 Z O Q D C X Z B D V H J O T G F J T K J O S
 C N S W R E T S A M O L F S N W P G H A Q U
 V W N M U S C L E Q X D G B Q O N L P D B R
 E D Q N B O A Y U B O R L A E W S
 E W X O C P I X V R B Q
 H Q A B S O R P T I O N
 C E R P K L Y S N B Q W



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