HEY GIRLS!

Strong bones need calcium and physical activity.

Great tasting ways to get plenty of foods with calcium.
Choose low-fat or fat-free versions of these foods most often.
Daily Total Goal = 1300 milligrams (mg) =130% DV. Add it up!*

FOODS	PORTION	CALCIUM mg	CALCIUM %DV%
Plain, fat-free yogurt	1 cup	450	45
Grilled cheese sandwich**	1 sandwich	371	40
American cheese	2 ounces	348	35
Ricotta cheese, part skim	1/2 cup	337	35
Fruit yogurt	1 cup	315	30
Cheddar cheese	1 1/2 ounces	305	30
Milk (low-fat or fat-free)	1 cup	300	30
Orange juice with added calcium	1 cup	300	30
Soy beverage with added calcium	1 cup	250-300	25-30
Tofu (with calcium sulfate on ingredient list)	1/2 cup	204	20
Macaroni and cheese	1/2 cup	180	20
Cheese pizza	1 slice	111-147	11-15
Frozen yogurt (low-fat or fat-free)	1/2 cup	105	10
Broccoli, cooked or fresh	1 cup	90	10
Ice cream	1/2 cup	84	8
Bok choy, cooked or fresh	1/2 cup	80	8
Almonds, dry roasted	1 ounce	71	8
White bread	2 slices	70	8

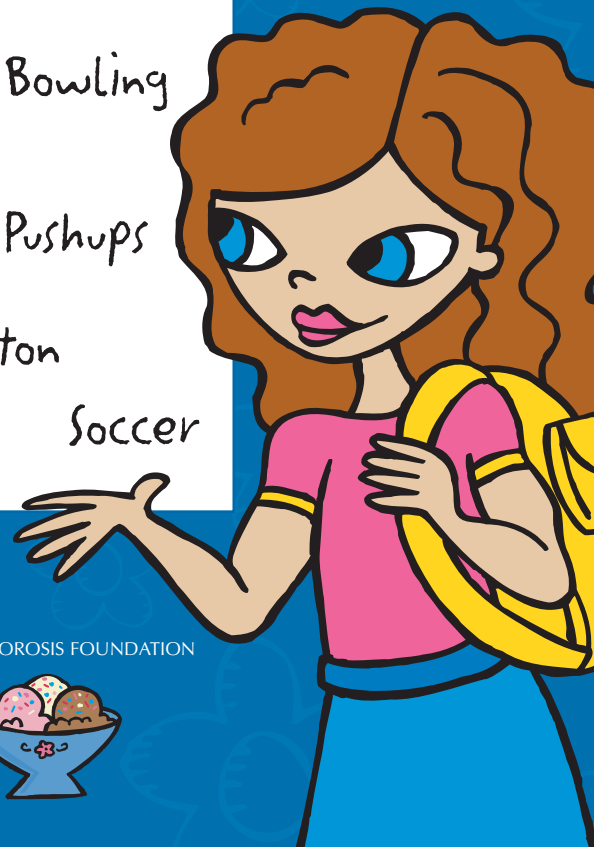
Calcium content varies depending on ingredients for many foods.
* %DV = % Daily Value used on food labels. The Daily Value for calcium is 1,000 milligrams (mg). Label values are rounded.
** Using 2 slices of white bread, 1 1/2 oz. cheese, nonstick cooking spray.

Sources: American Dietetic Association's *Complete Food and Nutrition Guide,* by Roberta Larson Duff, Chronimed Publishing, 1996; *Bowes and Church's Food Values of Portions Commonly Used,* revised by Jean A.T. Pennington, Lippincott-Raven Publishers, 1998.

There are lots of ways to be physically active every day.
Just use your imagination and have fun!

Here are some more ideas:

Volleyball
Hopscotch
Baseball/Softball
Gymnastics
Judo
Karate
Weightlifting
Bowling
Lacrosse
Tae Kwon Do
Pushups
Badminton
Dancing
Soccer



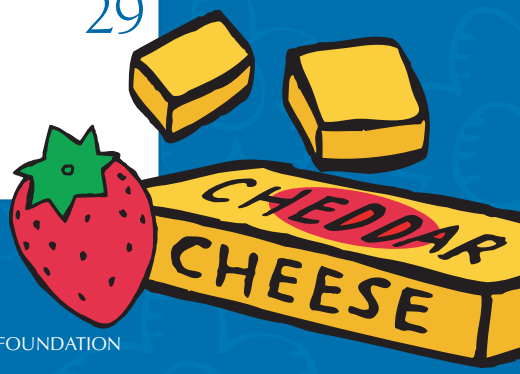
Powerful Bones. Powerful Girls.

THE NATIONAL BONE HEALTH CAMPAIGN™

DEPARTMENT OF HEALTH AND HUMAN SERVICES' OFFICE ON WOMEN'S HEALTH • CENTERS FOR DISEASE CONTROL AND PREVENTION • NATIONAL OSTEOPOROSIS FOUNDATION

January 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Too cold to be outdoors? Try doing pushups or lifting weights in your house to build strong bones. Use cans of soup if you don't have weights. Keep low-fat cheddar cheese cubes in the fridge and have them with fruit for a quick snack.						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 / 30	24 / 31	25	26	27	28	29



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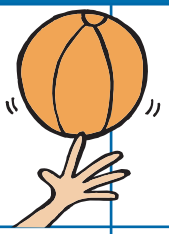
February 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Winter = basketball season. Grab a ball and shoot some hoops with your friends.		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	In the mood to "wrap?" Invite your friends over for food and fun – make your own tortillas filled with refried beans, low-fat shredded cheese, broccoli, or bok choy and cover with salsa. Now that's a southwestern treat!				



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March 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Bring March in like a lion – sign up for gymnastics or Tae Kwon Do classes at your local gym. Make new friends and build strong bones.	

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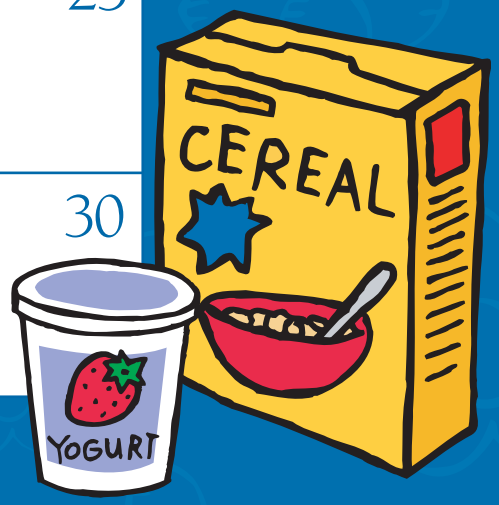
April 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Try mixing fruit or cereal with added calcium into yogurt for a new taste. Raining outside? Go bowling with friends. There's food, fun, friends, and physical activity!					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



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May 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	It's baseball and softball season again – grab a glove, bat, and ball and head for the field. These are great ways to build strong bones and get outdoors.			

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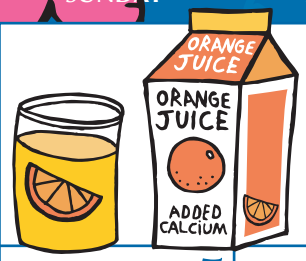
June 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 On those hot summer days, finish up your match with a cool glass of fruit juice with added calcium.			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	Summer is here. Hit the court with a friend because tennis is a fun way to keep your bones healthy and strong!	

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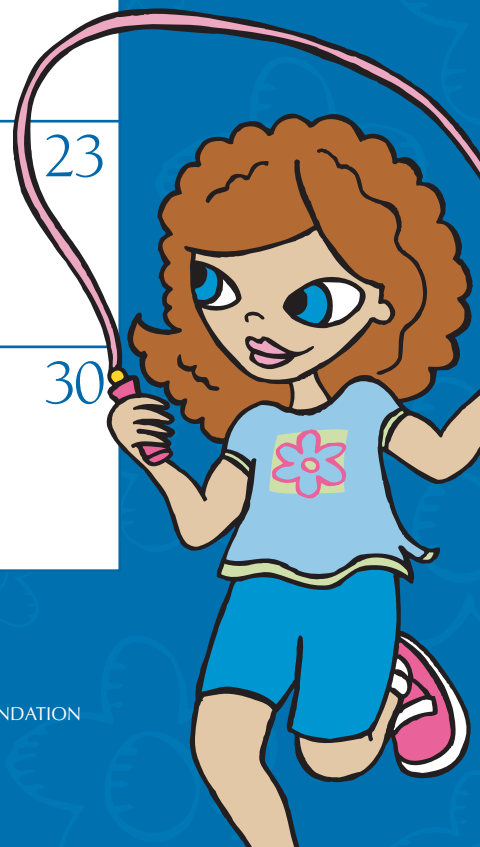
July 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
On the go? Grab a slice of cheese pizza to get some needed calcium. 1-2-3-4-5, I want to be the fittest girl alive! Jumping rope and playing frisbee are both great ways to strengthen your bones and your heart.					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 / 31	25	26	27	28	29	30



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August 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	**Cool down with a very berry smoothie. Just put low-fat or fat-free milk, fresh or frozen raspberries or strawberries, and honey into a blender for a bone-building treat. Remember to get your parents' OK.**		

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September 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Need a power-packed breakfast on the go? Reach for a cereal bar with added calcium or a glass of low-fat or fat-free milk with chocolate or strawberry flavor for an added kick.				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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October 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 / 30	24 / 31	25	26	27	28	29

Enjoy autumn's colors. Hit the trail for a scenic hike, and don't forget a snack.
Add cereal with added calcium to dried fruit for a calcium punch!

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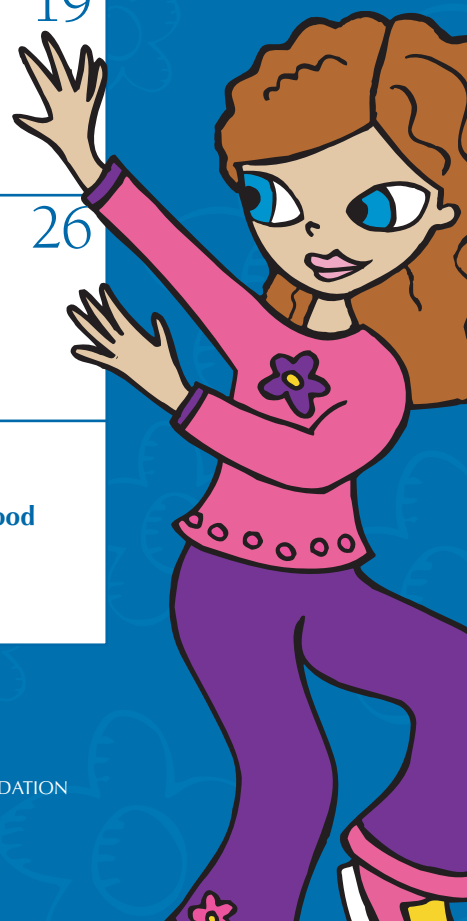
November 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Warm up for the school dance. Turn up your favorite tunes at home and dance. It's fun and good for your bones.		



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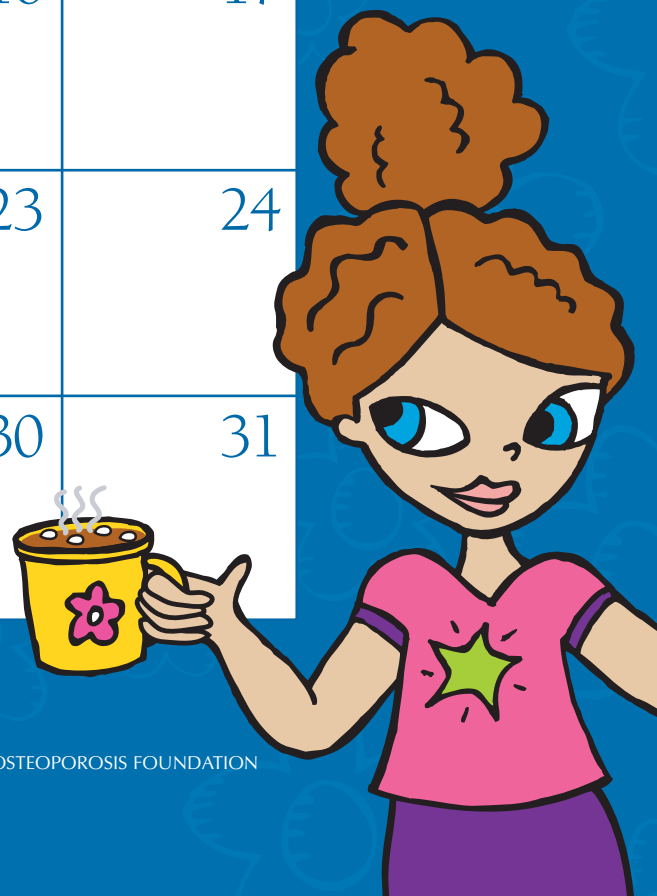
December 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mix up mugs of hot chocolate made with low-fat or fat-free milk to warm those chilly winter nights.				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



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