

Young Teens Need Calcium At Back-to-School Time

(NAPSA)—Young people, especially those in the critical bone-building time between the ages of 11 and 15, need 1,300 mg of calcium every day—at least three cups of low-fat or fat-free milk, in addition to other calcium-rich foods, advises the National Institutes of Health (NIH). The start of the school year is the perfect time to help tweens (ages 9-12) and teens (ages 13-19) start this healthy eating habit.



Tweens and teens need at least 1,300 mg of calcium a day.

“Tweens and teens need almost twice as much calcium as younger children because this is when bones are growing their fastest,” advises Dr. Duane Alexander, Director of the National Institute of Child Health and Human Development (NICHD) at the NIH.

The NICHD suggests:

1. Keep calcium-rich snacks on hand, such as low-fat or fat-free string cheese.

2. If your kids don't or can't drink milk, serve calcium-fortified soy beverages or orange juice with added calcium. Flavored low-fat or fat-free milk also has as much calcium as plain.

3. Fresh or cooked broccoli is calcium-rich.

4. Try low-fat or fat-free milk or yogurt smoothies for breakfast or as an after-school snack.

The NICHD has developed some helpful resources for parents, available at <http://www.nichd.nih.gov/milk/> or by calling 1-800-370-2943.