

# Why Milk Matters for Teens



***It's a fact: Our bodies do not make calcium which we need for bone growth. Without milk products it is difficult to meet the recommended daily calcium requirement. The calcium in one glass of milk is equal to 2<sup>1/2</sup> cups of broccoli or 12 figs or 16 sardines or 2<sup>1/2</sup> cups of sesame seeds or 7 cups of fresh spinach or 1<sup>1/6</sup> cups or almonds or 3 cups of peanuts or 11 cups of kidney beans!***

We're concerned about teen's health because milk consumption in teens has gone down while the consumption of drinks like pop has gone sky high. Milk products are not only the most common and concentrated source of calcium in the Canadian diet, but they also provide the other important bone building nutrients in one package. 3-4 servings of milk and milk products everyday will provide teens with all the calcium they need for strong bones. A serving is 250 ml (1 cup) of milk (flavoured milk included), 175 g (3/4 cup) of yogurt, and 50 g of cheese or two processed cheese slices.

***Help teens invest in their bones. Encourage them to consume 3 – 4 servings of milk products everyday. It's easy to have milk with breakfast, lunch, with an after school snack and at dinner. Four a day will do it!***

## **Need more information on milk and other dairy products?**

Contact a registered nutritionist at Alberta Milk, toll-free 1-800-252-7530 or in Edmonton area 453-5942.

**[www.albertamilk.com](http://www.albertamilk.com)**