

# Calcium Boosters for Teens



*3 - 4 servings of milk products everyday will provide teens with all the calcium they need.*

Right now, as many as 80 per cent of teens are not getting enough calcium to prevent osteoporosis later in life! Here are some teen-friendly calcium boosting ideas:

- **Cheese Please!** Add cheese to favourite foods such as sandwiches, wraps or hamburgers. String cheese is also a fun, portable, quick and nutritious snack.
- **Savour the Flavour.** Have a glass of flavoured milk instead of pop. Chocolate, vanilla and strawberry milk have the same nutritional wallop as white milk.
- **Pizza Pizzazz.** Make mini pizzas with veggies, meat and cheese.
- **Go for the Groovy Smoothie.** Make a smoothie with fruit, ice, yogurt and milk and mix it up.
- **Munch on the Go.** Put together mini snack kits in small containers to grab and go for fast fuel. Try baby carrots with yogurt dip, whole grain crackers with cheese and dried fruit.
- **Pick Me Up.** Have teens who drink coffee go for a latté instead.

## **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)

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