

spinach leaves, fresh

Serving Size: 1 cup

30 milligrams of calcium

WIN Kids - BONES Lesson

milk, 1% or lowfat

Serving Size: 8 ounces or 1 cup

300 milligrams of calcium

WIN Kids - BONES Lesson

broccoli, fresh

Serving Size: 1/2 cup

20 milligrams of calcium

WIN Kids - BONES Lesson

baked beans

Serving Size: 1/3 cup

50 milligrams of calcium

WIN Kids - BONES Lesson

cauliflower, cooked  
and drained

Serving Size: 1/2 cup

15 milligrams of calcium

WIN Kids - BONES Lesson

milk chocolate  
candy bar

Serving Size: 1 1/2 ounces

85 milligrams of calcium

WIN Kids - BONES Lesson