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