cottage cheese
Serving Size: 1/2 cup
70 milligrams of calcium
WIN Kids - BONES Lesson

baked potato
Serving Size: 1/2 potato
20 milligrams of calcium
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hard cheese (Cheddar, Colby or mozzarella)
Serving Size: 1 ounce cube or slice
190 milligrams of calcium
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canned sardines with bones
Serving Size: 1 ounce
110 milligrams of calcium
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greek yogurt
Serving Size: 8 ounces or 1 cup
300 milligrams of calcium
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American cheese
Serving Size: 1 ounce cube or slice
160 milligrams of calcium
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