

# Calcium Counts

Food Idea	1 Serving	Calcium Content	Tips	
Skim milk powder	 1 cup	300	Stir in some skim milk powder when making baked goods for an extra boost.	
Milk, chocolate milk, fortified soy milk	1 cup	300	Dairy products are a leading source of calcium.	
KRAFT Cheese (Brick, Mozzarella or Swiss)	1.5 oz/40g	300	A 1.5 oz serving of cheese is a piece about the size of your thumb.	
CHEEZ WHIZ Spread	 ¼ cup	300	That tangy taste they love! Serve with whole grain pita triangles and raw carrots and celery sticks.	
Yogurt	¾ cup	200-300	Pack in an insulated lunch bag to keep fresh. Top with almonds or berries for extra flavour.	
SINGLES Slices	2	200-300	Build them into a sandwich or send them in their wrapper as a stand alone snack.	
DELISSIO Rising Crust Cheese Pizza	1 slice	200-300	Kids love cold pizza for breakfast or lunch.	
Prepared KRAFT DINNER Macaroni & Cheese	 1 cup	100-200	Pack in a Thermos container with a little extra boiling water to keep it saucy.	
Baked beans	1 cup	100-200	Heat then pack in a Thermos container and send with whole grain crackers.	
Prepared JELL-O Instant Pudding	 ½ cup	100-200	Add a bit of skim milk powder to the liquid milk before mixing for an extra boost.	
Prepared cream of mushroom soup	1 cup	100-200	Add in veggies for a meal in a bowl.	
Frozen waffle	1	50-100	Toast and wrap in foil. The kids can eat it cold with dippers at lunchtime.	
Pancake (from mix made with milk)	1	50-100	Top with CHEEZ WHIZ spread or jam and pack in a plastic bag.	

