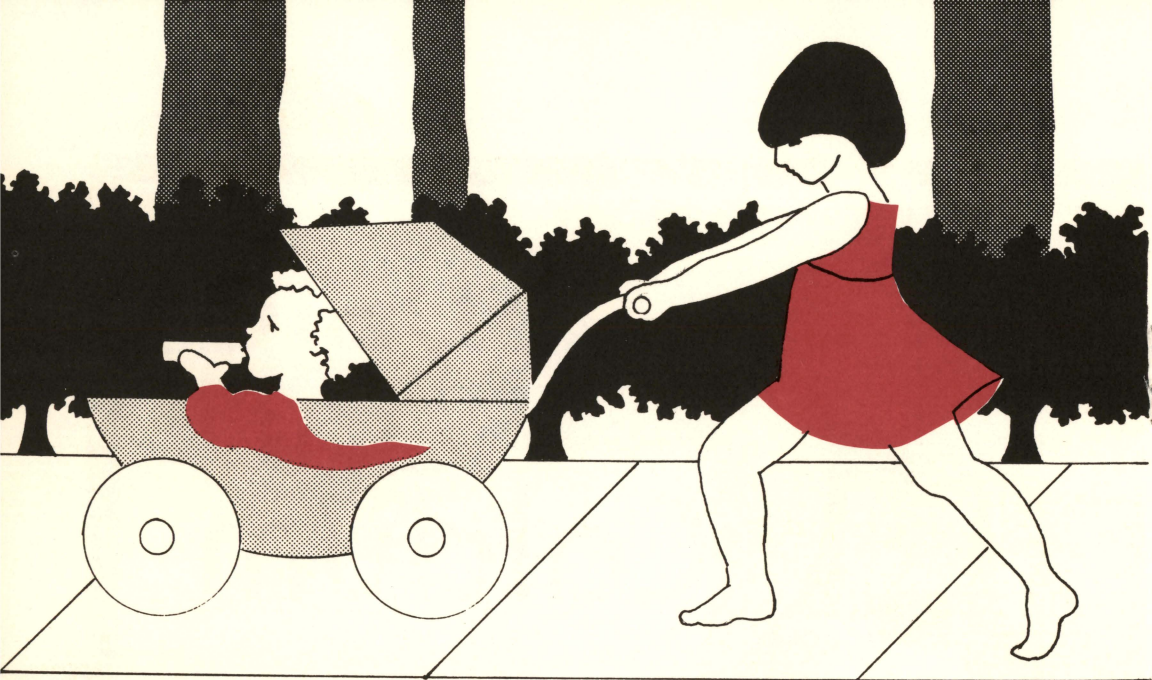


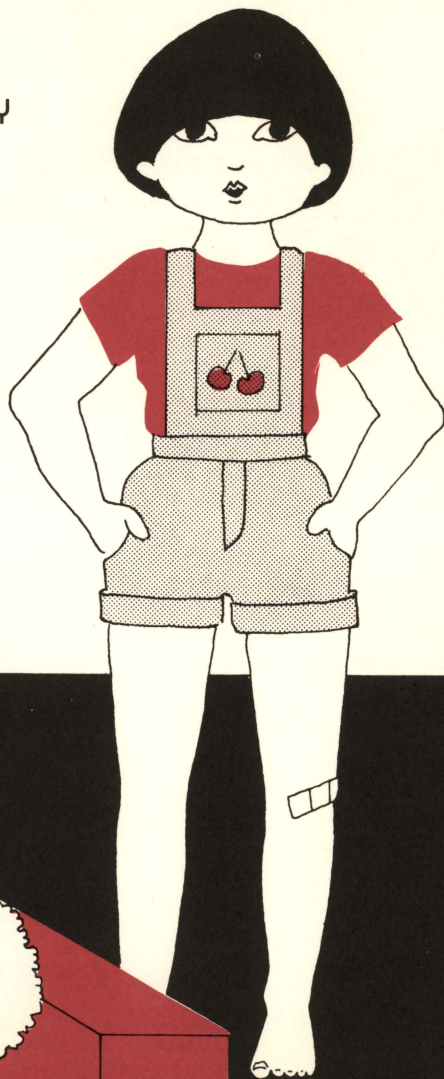


Susie and Calcium



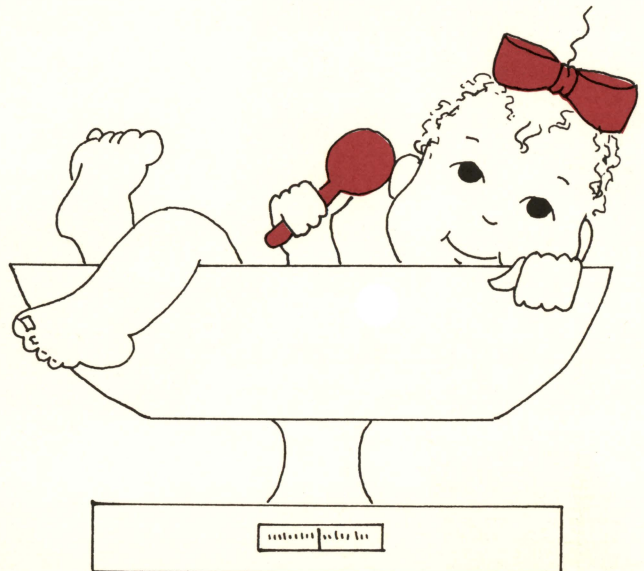
Susie has a baby brother.
He drinks only milk.
Susie wonders why?

Susie asked her mother, "Why does the baby drink milk?"

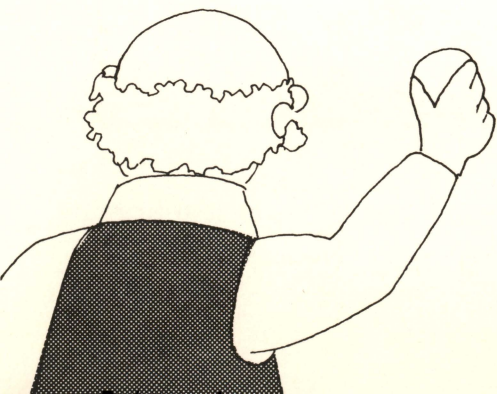


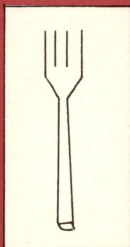
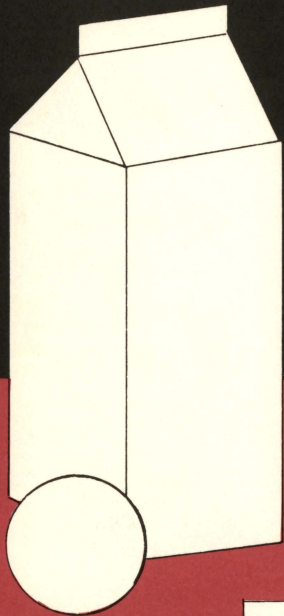
Susie's mother said, Milk has calcium and calcium is needed:

- to help the baby grow
- to build strong bones
- to help muscles and nerves develop
- to keep the body healthy
- to help provide energy



Her mother said, "Susie, you also need milk for the same reasons. In fact, old and young, parents and grandparents, all need milk."





Susie asked her father, "Why doesn't the baby eat what we eat?" Her father said, "The baby can't digest many new foods."

Her father said, "At first, foods would be strained for the baby. But as the baby gets teeth, he will eat foods just like Susie."

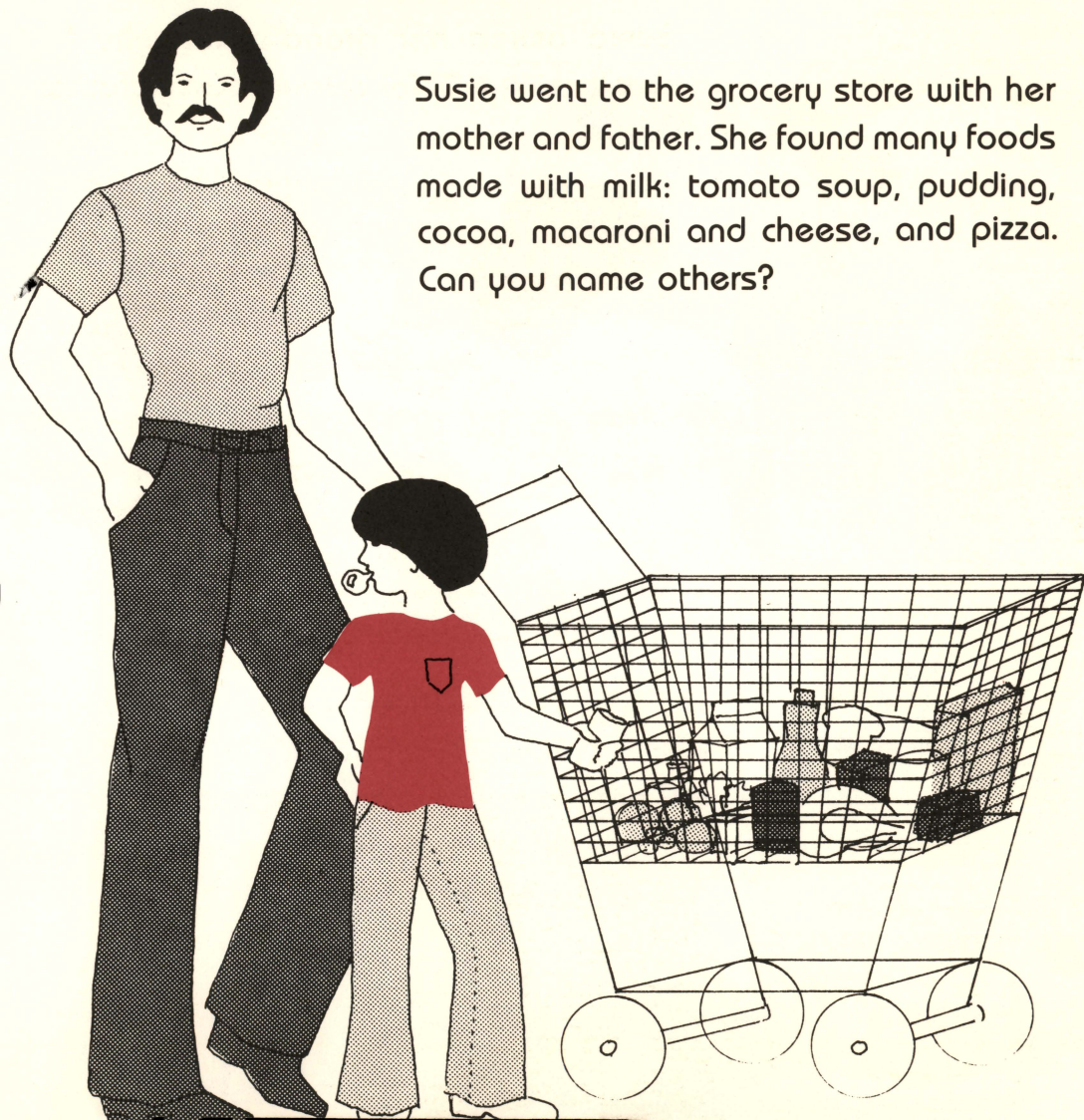


Susie asked her grandfather why he didn't drink milk for calcium? Grandfather said he did sometimes, but there were other ways to get milk.

Every day, grandfather ate foods made with milk. Grandfather ate cheese. Grandfather ate ice cream and yogurt, too!



Susie went to the grocery store with her mother and father. She found many foods made with milk: tomato soup, pudding, cocoa, macaroni and cheese, and pizza. Can you name others?



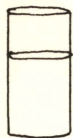


That night Susie thought of all the ways she had had milk that day. She had milk on her cereal, a cheese sandwich at lunch, pudding for dessert at supper, and hot cocoa before bedtime.

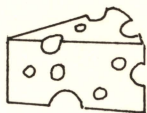
Susie had the calcium she needed.



Which milk foods do you eat for calcium? Did you get 3 servings?



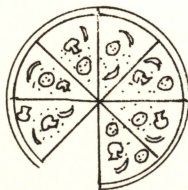
milk



cheese



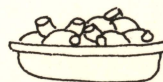
ice cream



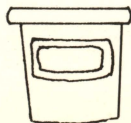
pizza



cocoa



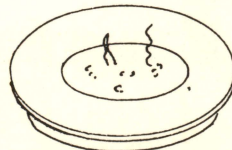
macaroni and cheese



yogurt



pudding



tomato soup

By Ann Hertzler and Phyllis Pirner.
Art by Jeanne Bintzer.

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