



Nutrition Tidbit: **Calcium.**

Peak bone mass is established by age 17, so helping kids get the calcium they need to establish this is important during their growing years.

ACTUAL INTAKES:

- Approximately 80% of girls ages 9 and up are not getting enough Calcium; most only getting 700-800 mg/day
- Approximately 75% of boys age 9 and up are not getting enough Calcium; most only getting 800-900 mg/day

RECOMMENDATIONS:

Ages: 1-3 the recommended allowance of calcium is 700 mg/day

Ages: 4-8 the recommended allowance of calcium is 1,000 mg/day

And 9 to 18 years of age, about 1300 mg of calcium per day from calcium-rich or calcium-fortified foods is recommended