

8 HEALTHY HABITS

HABIT 5



CHOOSE HEALTHIER SNACKS AND FEWER UNHEALTHY TREAT FOODS

CALCIUM RICH SNACKS ARE GREAT FOR BONE HEALTH

Why do children need calcium?

Calcium is important for strong bones.

Where does calcium come from?

The easiest way to get calcium is from dairy foods, but there are other foods we can get it from for those who don't eat dairy foods. See examples below.

How much calcium do children need?

Most Australians only consume about half the recommended quantity of calcium rich products.

Recommended number of serves per day					
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1.5	2	2.5	3.5	3.5
Girls	1.5	1.5	3	3.5	3.5

This is a rough guide for how much you should serve your child. The amount they really eat will vary from day to day.

How much is a serve?

