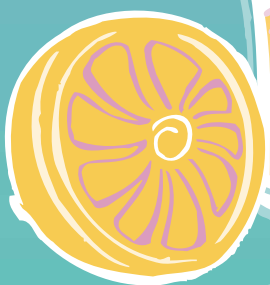
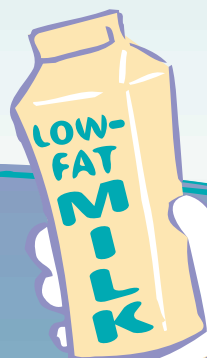


MILK MATTERS

WITH
**BUDDY
BRUSH**



NATIONAL INSTITUTES OF HEALTH

National Institute of Child Health and Human Development

National Institute of Dental and Craniofacial Research



Note to Parents

This coloring book is designed for children ages 4-8 to help teach them about the importance of milk for building strong teeth and a healthy body. Milk and other dairy products give kids the calcium they need for growth and development.* Kids ages 4-8 need 800 milligrams of calcium each day. At the end of this coloring book you will find a list of foods high in calcium that can be an excellent part of a healthy diet.

In addition to calcium, it is important for kids to brush their teeth with fluoride toothpaste at least twice a day to help protect their teeth from cavities.

For more information or materials on the importance of milk and calcium, please contact:

Milk Matters

P.O. Box 3006

Rockville, MD 20847

Phone: 1-800-370-2943

Fax: 301-496-7101

Email: NICHDClearinghouse@mail.nih.gov

*Babies under one year old should drink only breast milk or iron-fortified formula. Children ages one to two should drink whole milk. Between ages two and five, parents should gradually switch children to low-fat or fat-free (skim) milk.



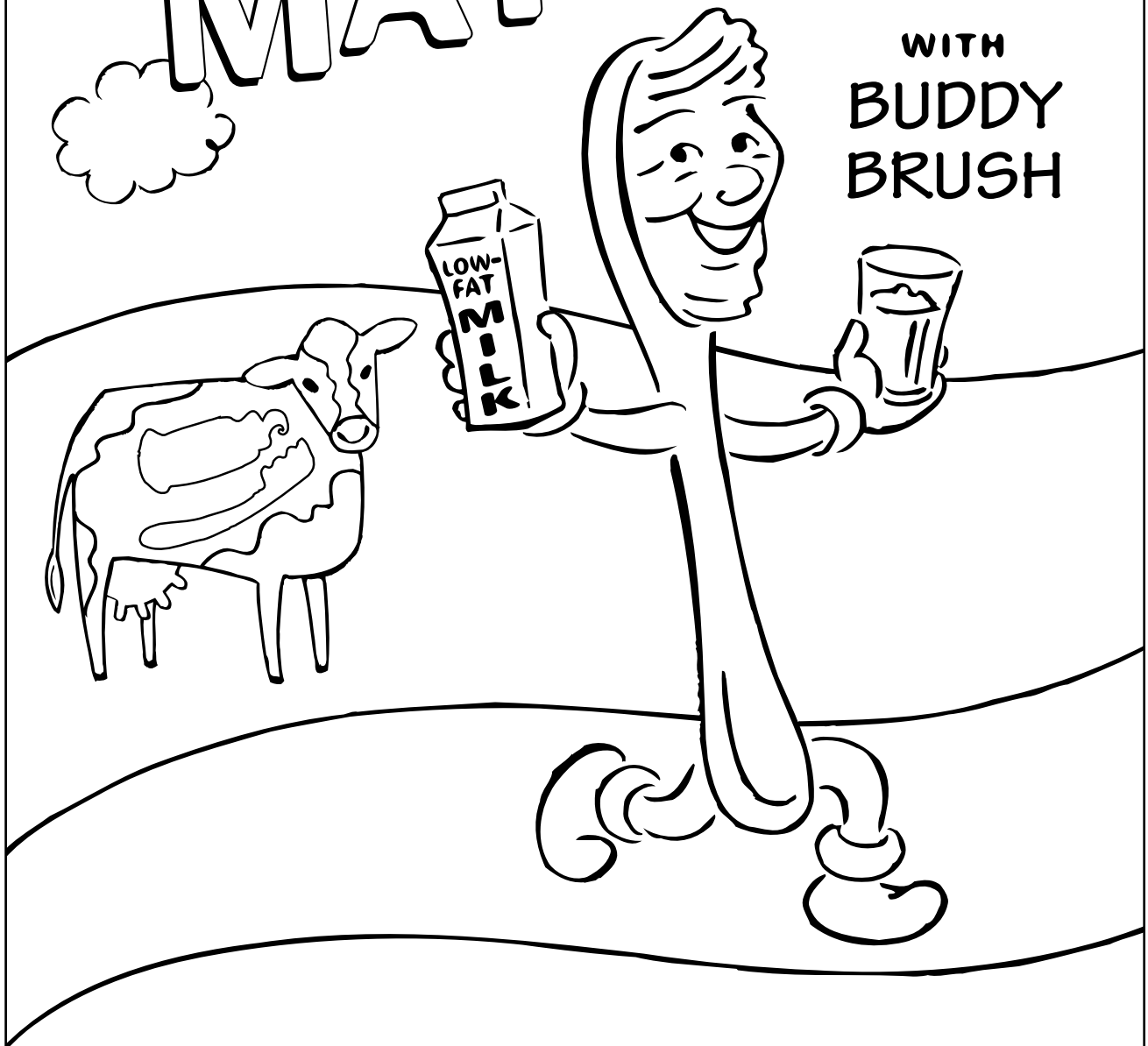
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Research

MILK MATTERS

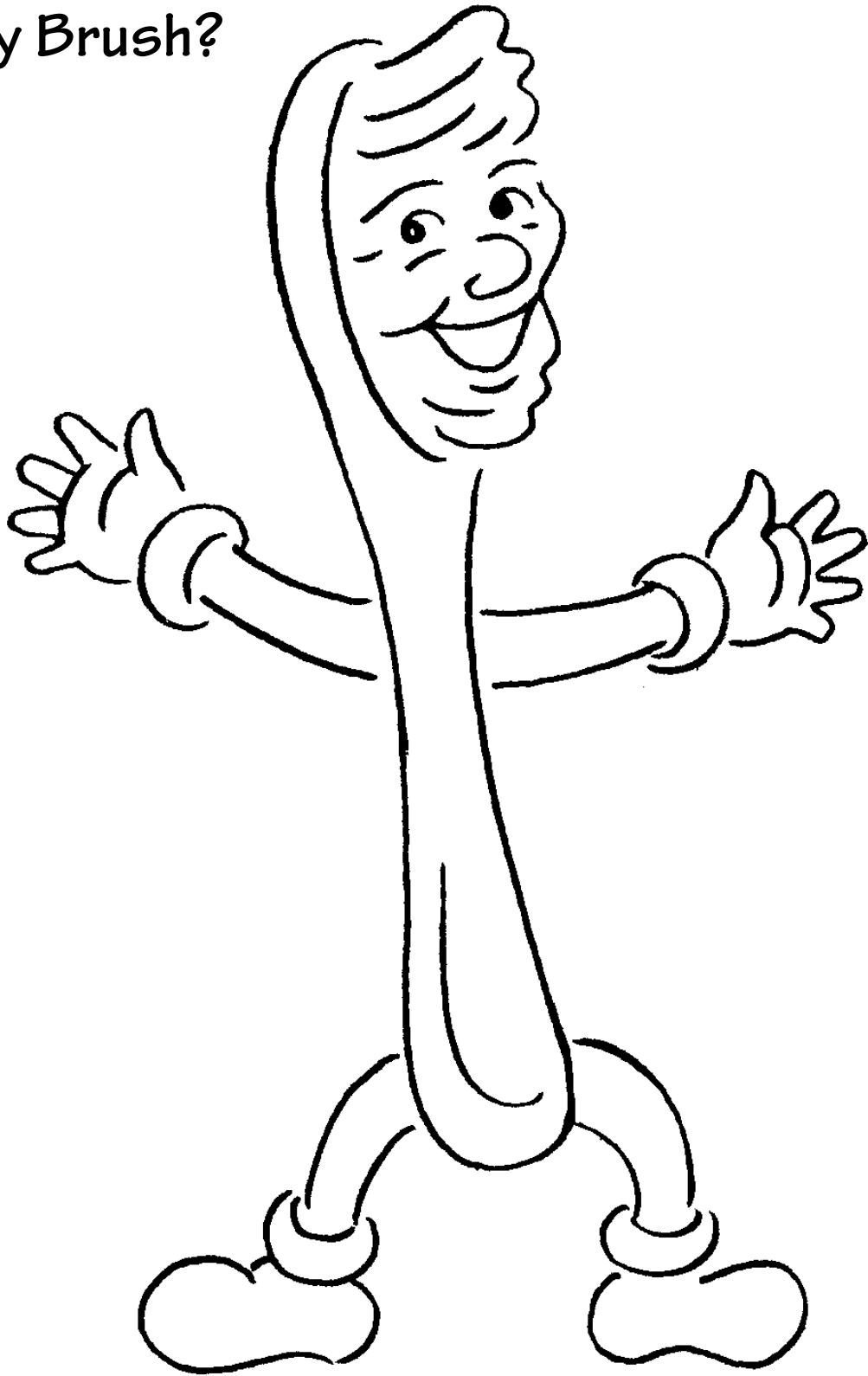
WITH
BUDDY
BRUSH



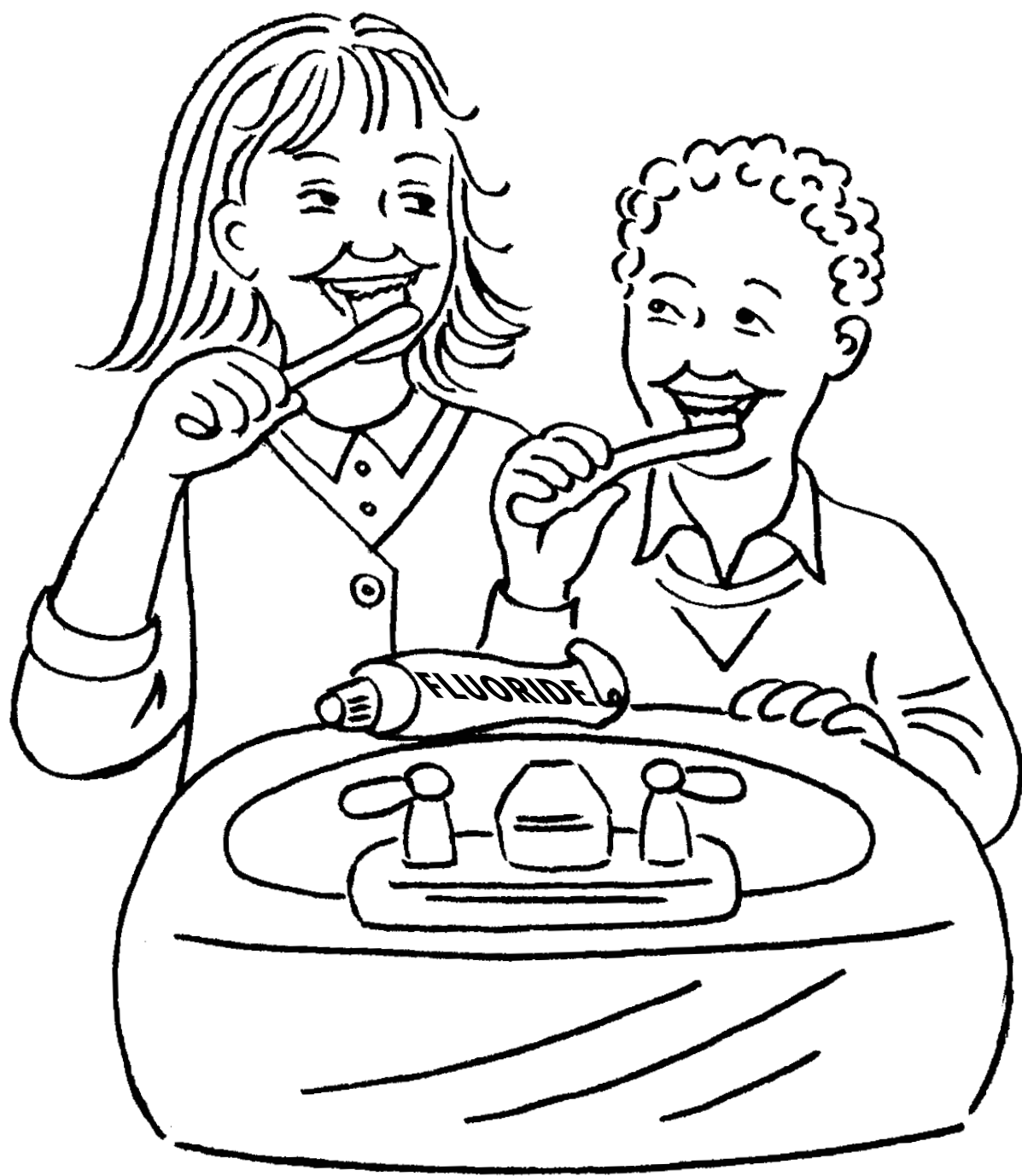
A COLORING BOOK FOR KIDS

NATIONAL INSTITUTES OF HEALTH
National Institute of Child Health and Human Development
National Institute of Dental and Craniofacial Research

Have you met
Buddy Brush?



His job is to make sure
kids take good care of their teeth.



It makes Buddy feel good
when kids brush their teeth
after every meal.

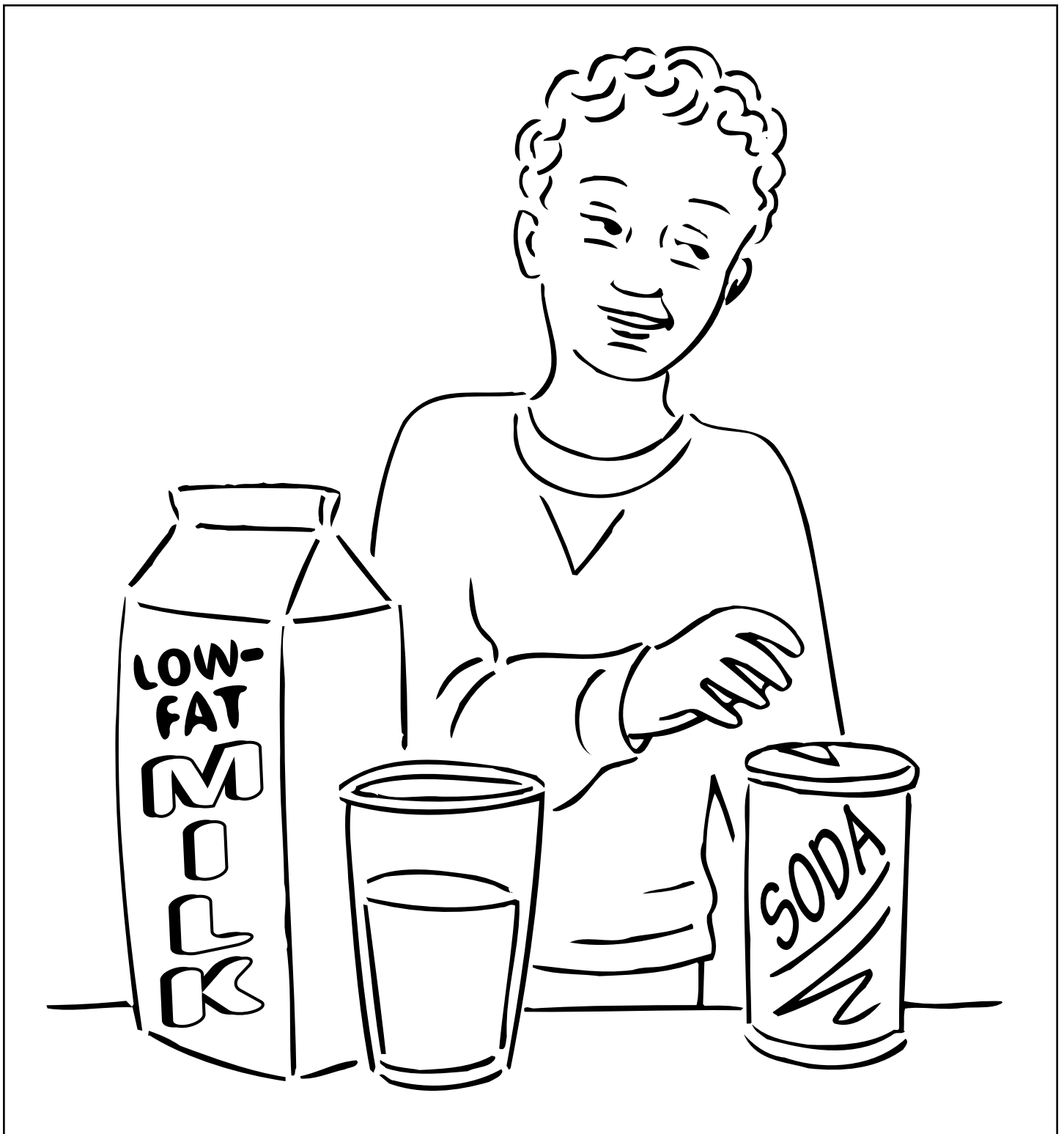
Buddy beams when children drink milk.
Milk helps keep kids' teeth and bones strong.





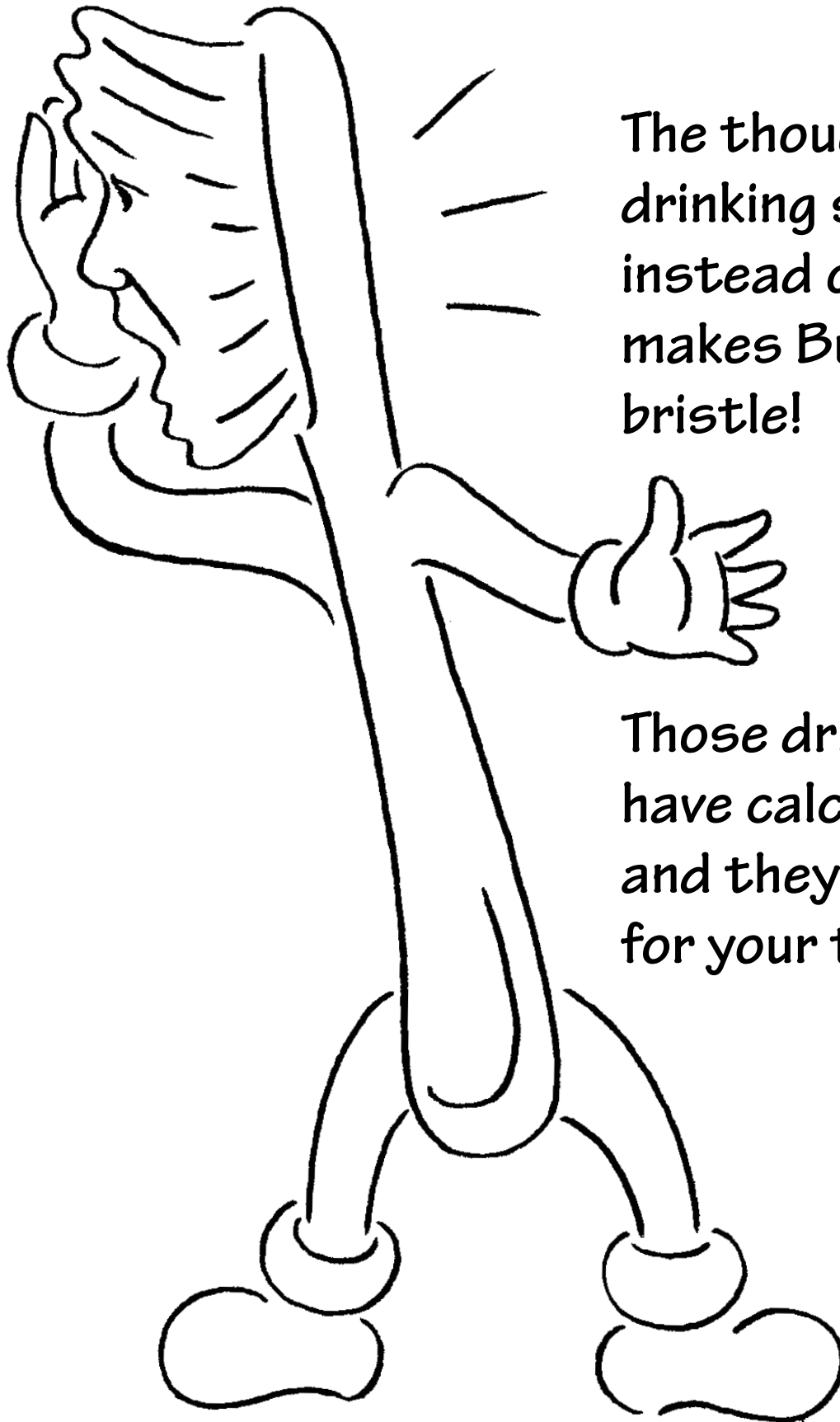
Milk matters!

That's because milk has calcium,
a nutrient that helps your body build
strong teeth and bones.



Did you say you'd rather have a soft drink
than a glass of milk with your meal?

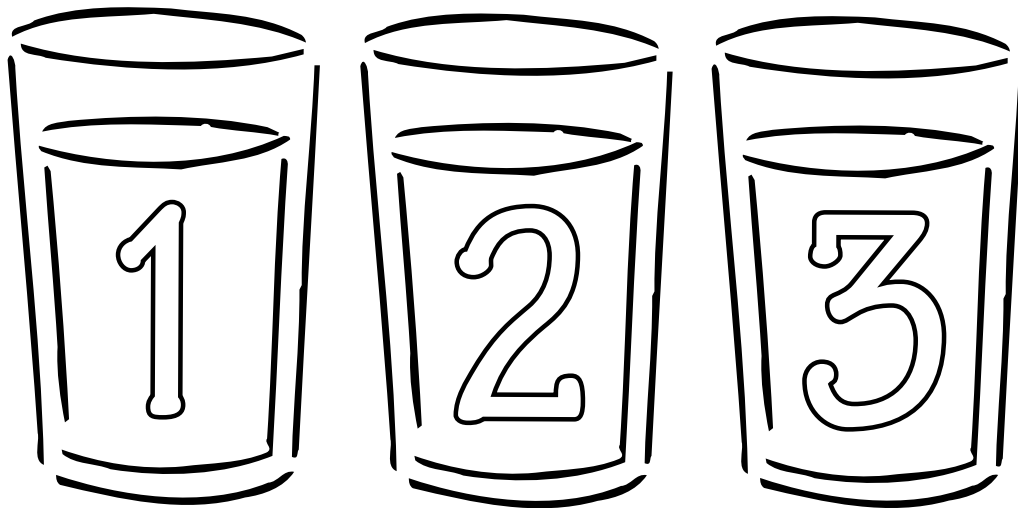
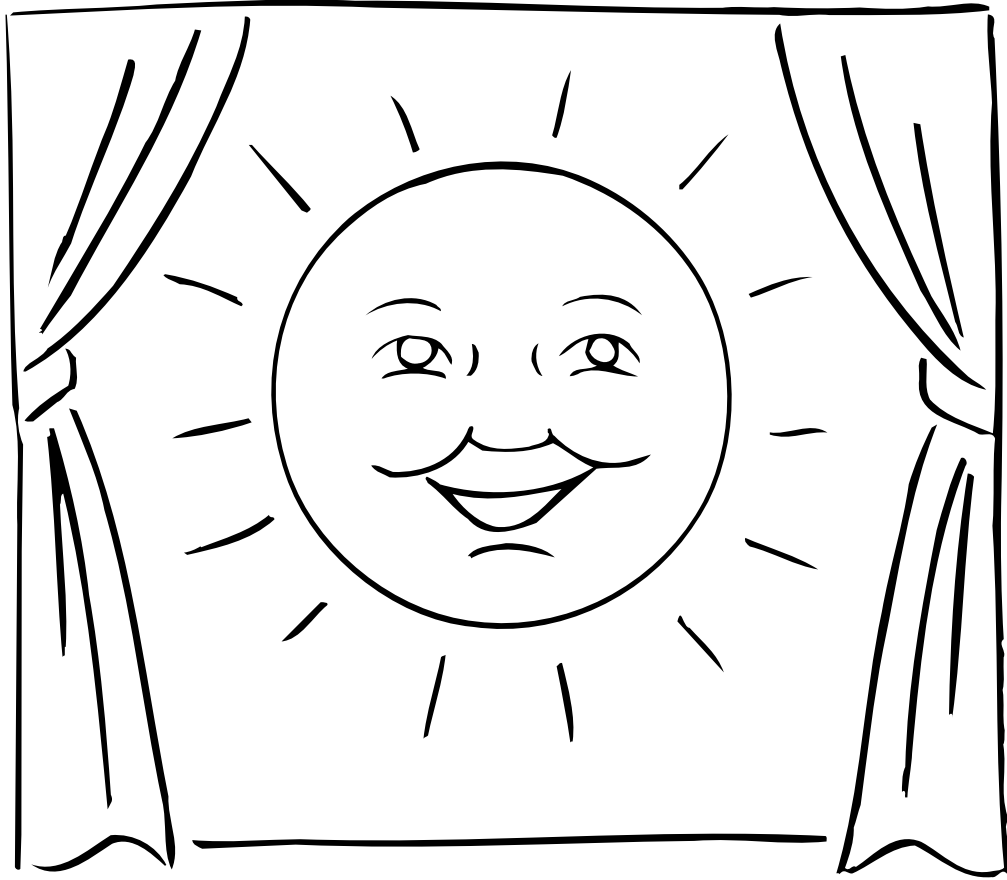
Look out!



The thought of kids
drinking sodas
instead of milk
makes Buddy
bristle!

Those drinks don't
have calcium —
and they are bad
for your teeth.

You can help Buddy keep his cool.



Make sure you get enough calcium every day.
For kids 4–8, that means 3 glasses
of milk a day.

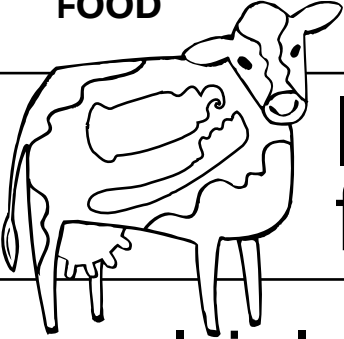
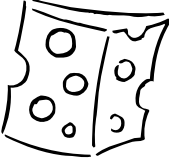
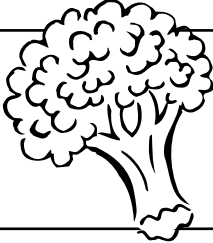


After you drink your milk,
make sure you brush your teeth
before you head to bed.

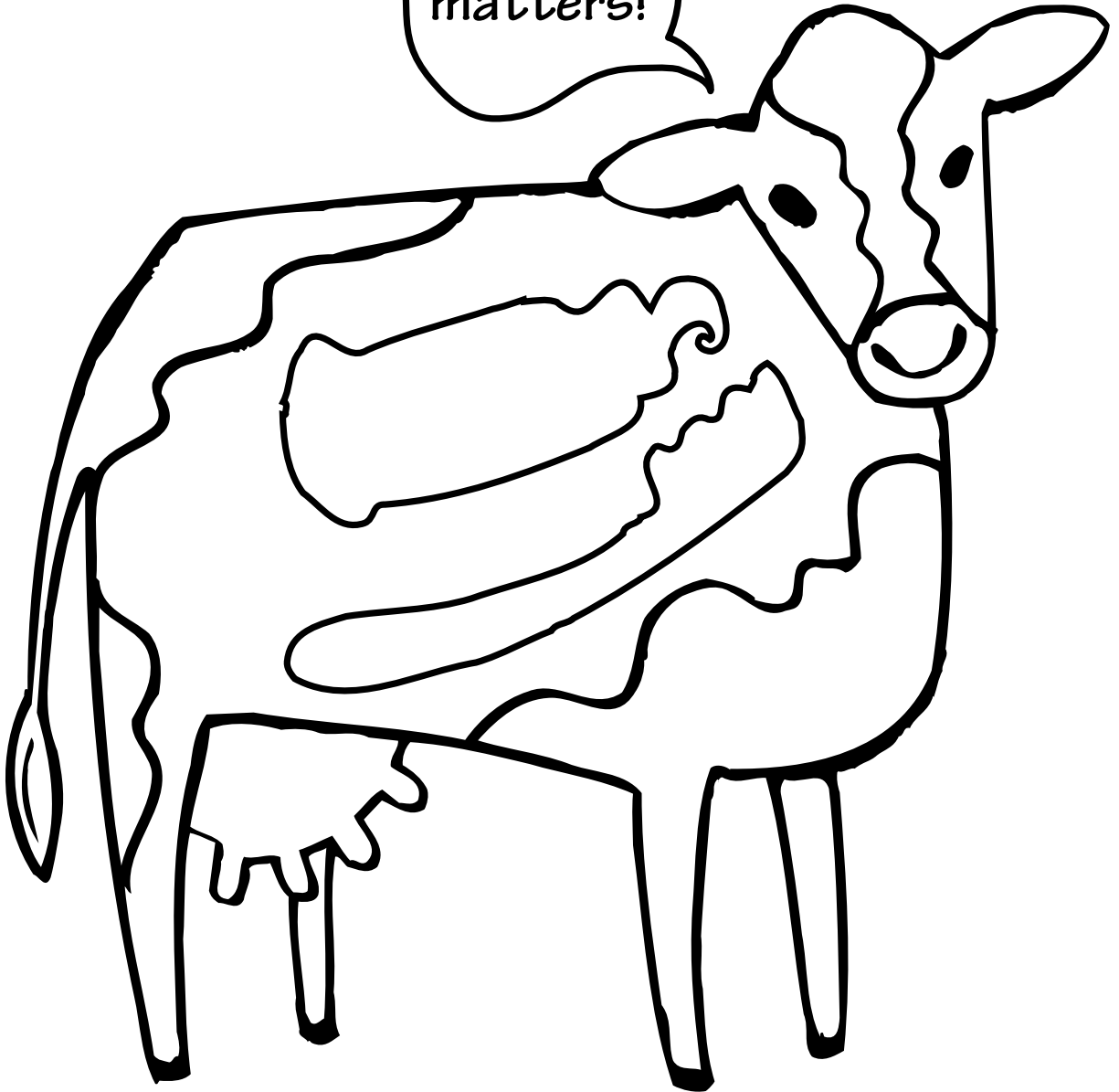


Buddy Brush bets that
your teeth will last
a lifetime!

You can get calcium from these good foods:

SERVING SIZE	FOOD	CALCIUM MILLIGRAMS (MG)
8 oz	 low-fat or fat-free milk	300
1 cup	plain low-fat or fat-free yogurt 	450
1 cup	 calcium-fortified orange juice	300
1 slice	cheese pizza 	220
1 ounce	 low-fat or fat-free cheddar cheese	200
1/2 cup	macaroni & cheese 	180
1 cup	 broccoli	90

Milk
matters!





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National Institutes of Health
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