GO LEAN WITH PROTEIN

DRINK WATER INSTEAD OF SUGARY BEVERAGES

MAKE AT LEAST HALF OF YOUR GRAINS WHOLE

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

GET YOUR CALCIUM-RICH FOODS

You aren’t finished building new bone until after college age!

Diets with adequate calcium help the body to achieve peak bone mass and strong teeth. Calcium-rich foods include milk, yogurt, cheese, calcium-fortified juices, and milk alternatives. Some green leafy vegetables, like kale and bok choy, are good sources too, but you need almost two cups to get the same amount as in one cup of milk. Choose low fat or skim versions of dairy foods to skip the fat of their whole milk counterparts.

Looking for calcium at BC Dining?

- Milk and soy milk is available daily in dispensers at the 3 main locations and in individual portions in the coolers. Lactaid and almond milk are also available.
- The greek yogurt bar is open daily from breakfast through dinner, and greek yogurt parfaits are available in grab and go.
- Be on the lookout for calcium-rich vegetables (kale, bok choy, spinach) rotating throughout the dining halls.