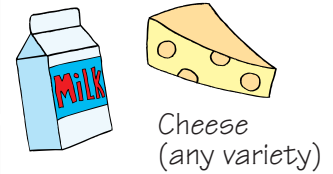


Calci M. Bone® is the featured OrganWise Guy for the month of May. This month you will focus on bone health. Calcium-rich foods, plenty of physical activity and a little sunshine go a long way in keeping your bones strong and healthy. **Be sure to eat AT LEAST 3 calcium-rich foods each day and get outside and play!** Circle Calci M. Bone each time you eat a calcium-rich food item and circle the sun if you went outside and played that day!



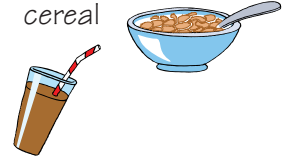
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Calcium-rich foods:

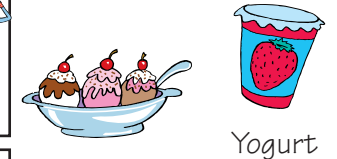


Cheese (any variety)

Calcium-fortified cereal

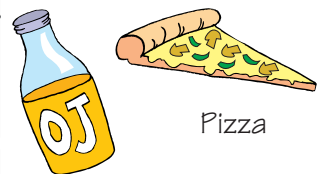


Low-fat chocolate milk



Low-fat ice cream

Yogurt



Pizza

Calcium-fortified orange juice

May