

Where You Can Find Calcium



Why Calcium is Important For All Stages in Life

Calcium is vital for healthy bones. Besides building strong bones, calcium is crucial for your heart, muscles, blood and nerves to work properly.

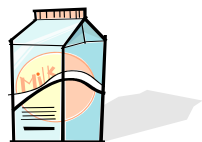
Calcium is important for growing children and teens. Pregnant women need calcium to have a healthy baby. Although your body's needs change as you get older, it is important to get enough calcium throughout all stages in your life.

Tips to Get More Calcium in Your Diet

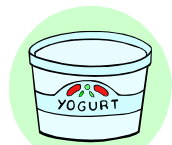
- Use low fat or fat free milk instead of water in hot cereals and when cooking.
- Have a fruit shake made with low fat or fat free yogurt or milk for a snack.
- Low fat cheese makes a good snack.
- Limit eating foods high in calcium that are also high in sugar or fat such as ice cream, whole milk, and regular cheese.
- Calcium pills (calcium supplements) can help you get the recommended daily amount of calcium if you don't get enough in your diet. Ask your doctor about taking supplements.

Best Food Sources of Calcium

Dairy products are the best food sources for calcium



Milk



Yogurt



Ice cream



Cheese

Dark green leafy vegetables and tofu with calcium are also good sources



Bok Choy



Spinach



Broccoli



Kale



Tofu

Some foods now have calcium added



Soymilk



Cereal



Fruit Juice



Bread

Other good sources of calcium



Sardines with bones



Pudding made with milk



Green Soy Bean

* Read the food label to check if calcium is added!