

Get Calcium! It is good for your body.

What is Calcium and why do you need it?

Calcium is found in many different foods. Calcium helps to keep your body healthy in many different ways.

- It helps build strong bones and teeth.
- It helps your muscles work better.
- It can help prevent gum disease.
- It can lower your risk of osteoporosis.
- It can lower your risk of high blood pressure.
- It may lower the risk of colorectal cancer.
- It may lower the risk of lead poisoning in kids.



Where do you get Calcium?

You can get calcium from dairy foods like:

- Cheese
- Plain low-fat yogurt
- Milk
- Macaroni and cheese



You can also get calcium from other foods like:

- Canned sardines or salmon with bones
- Collard greens, broccoli and other dark leafy greens



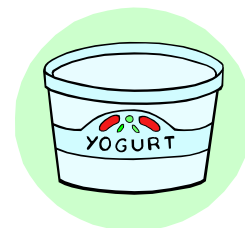
Some foods have calcium added to them like:

- orange juice with calcium
- Enriched soy milk
- cereals and breads that are labeled good sources of calcium

Check for food labels that say excellent or good source of calcium.
Check for food labels that say calcium-fortified or calcium-enriched.

Add Calcium to your meals.

- Make oatmeal with milk.
- Add milk to pudding and soup in place of water.
- Have calcium rich vegetables such as broccoli, collard greens, and kale.
- Have a low-fat grilled cheese sandwich
- Add low-fat cheese to your favorite vegetables.
- Top your fruit with plain low-fat yogurt.
- Add calcium fortified juice to your fruit salad
- Drink a glass of low-fat milk with your meals.



Eat at least 3 servings of calcium-rich foods every day!

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