CALCIUM

Why do you need Calcium?

You need to eat foods with Calcium in them to keep your bones strong.

High Calcium foods are:

- Eat a serve of these foods 2-3 times a day.
- A serve is: 1 cup (250ml) milk, 1 tub (200g) yoghurt, 2 slices or (40g) piece of cheese.
- Low fat unflavored milk and yoghurt are also good sources of calcium as well as low fat cheese and tofu.
- If you do not drink animal milk, you can choose plant milk that has added calcium in it. For example: almond, soy or oat milk.

Other foods with Calcium are:

- dried fruit like dry dates, figs, prunes, and apricots

- green leafy vegetables like broccoli and cabbage

- canned fish, salmon, sardines

- nuts and seeds like pistachios, almonds, walnuts and sesame

TIPS!

- You must have Vitamin D for your body to use calcium.
- It is important to talk to your doctor about your Calcium and Vitamin D levels. You may need to take vitamin tablets.

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