CALCIUM

Why do you need Calcium?
You need to eat foods with Calcium in them to keep your bones strong.

What foods have Calcium?
High Calcium foods are:

- milk
- yoghurt
- cheese

- Low fat milk is higher in calcium than full cream milk.
- Only children under 2 years old need the full cream milk.
- Everyone else should drink low fat milk.
- If you are unable to have milk, you can use soy milk that has added calcium in it.
- Cheese is high fat food, so only eat in small amounts.
- Eat these foods 2-3 times a day.

Other foods with Calcium are:

- dates, dried figs, prunes
- broccoli
- canned fish, salmon, sardines
- brazil nuts, pistachio nuts, raw almonds, walnuts

TIPS!

- You must have Vitamin D for your body to use calcium.
- The best source of Vitamin D comes from sunlight.
- To get enough vitamin D you need to have sunlight on your uncovered face, hands and arms without sunscreen: for dark skinned people up to 20 minutes; for fair skinned people 6-8 minutes, on most days.
- Avoid the hottest times of the day. Before 11am and after 4pm it is safer to expose your skin.