
CALCIUM

Everything you need to know about this vital nutrient

Great Sources of Calcium:

Want to get more calcium in your diet? Try the following options...

- Nonfat or low-fat milk
- Nonfat or low-fat yogurt
- Calcium-fortified milk alternatives (soymilk, almond milk, etc)
- Low-fat cheeses
- Canned fish with bones (salmon or sardines)
- Soy beans or soy products
- Low-fat cottage cheese or ricotta
- Milk-based desserts like pudding or frozen yogurt (keep them low in fat and added sugars)
- Calcium-fortified cereals and breads

Health Impact:

Your body uses calcium to build bones and maintain bone mass. It's also vital to forming healthy teeth and keeping them strong. Calcium can aid muscle movement and blood flow too.

Getting enough calcium is especially important for children and teens, because that's when their bodies are building up bone mass.

Without enough calcium, your bones can weaken, leading to osteoporosis or osteopenia. This weakness in turn can lead to an increased risk of bone fractures, especially in older people.

