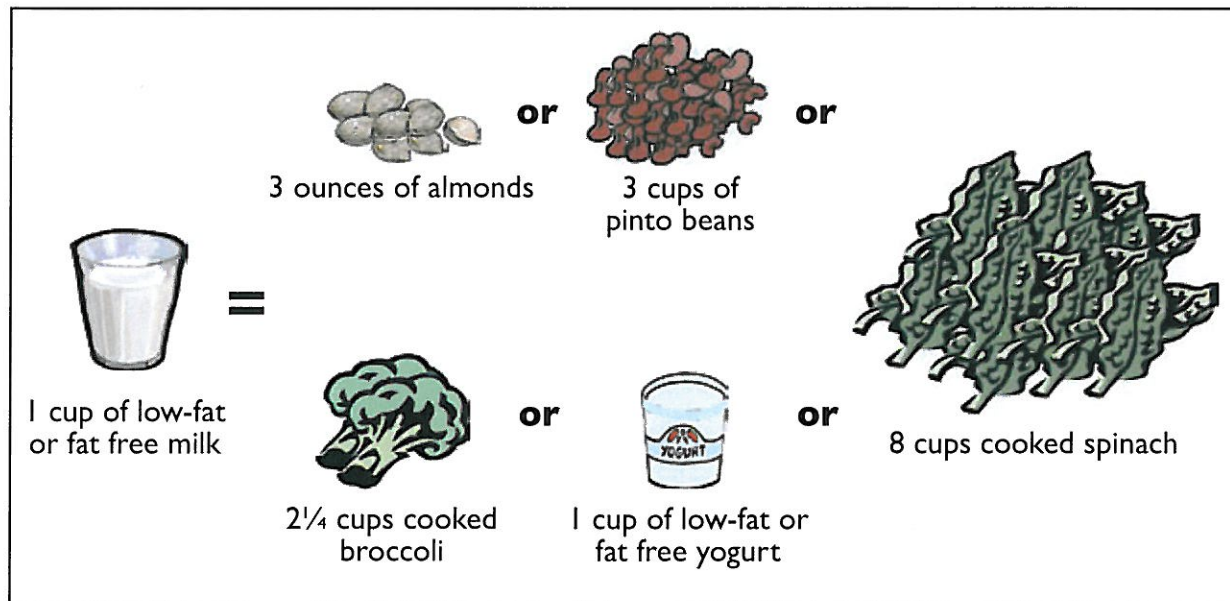


CALCIUM

- Calcium is needed to keep your bones and teeth strong.
- It is very important for you and your family to eat foods that are rich in calcium every day.
- Low-fat dairy products (milk, yogurt, cheese) contain a lot of calcium. One cup of milk provides about one quarter of the calcium your body needs in a day.

If you cannot eat dairy products, you can eat:



1 cup is equal to about the size of your fist

An ounce of nuts is equal to about 1 handful

- You can also eat:
 - Green leafy vegetables such as collards, kale, bok choy and turnip greens
 - Beans such as chickpeas, lentils, cowpeas, soybeans and split peas.
- As you and your children get older, you will need more calcium. Ask your doctor how much calcium is right for you.