

Calcium Three-A-Day!

How does calcium help you?

Calcium is a mineral found in foods that helps our **bones** and **teeth** to grow strong.

How much calcium do you need?

Our bodies need **3 servings** of calcium-rich foods a day.

What counts as a serving of calcium?



1 cup low-fat milk
1 cup milk alternative such as fortified soy milk, almond milk or oat milk



2 slices cheese
1 string cheese



1 cup plain nonfat yogurt
1 cup pudding made with low-fat milk

Did you know?

Some non-dairy foods naturally have calcium, while others have it added in. These are called fortified foods.

Examples include:

- Some leafy greens, such as collard and turnip greens, spinach, kale, and bok choy
- 100% fortified juice
- Fortified cereals
- Canned fish, such as sardines and salmon with bones