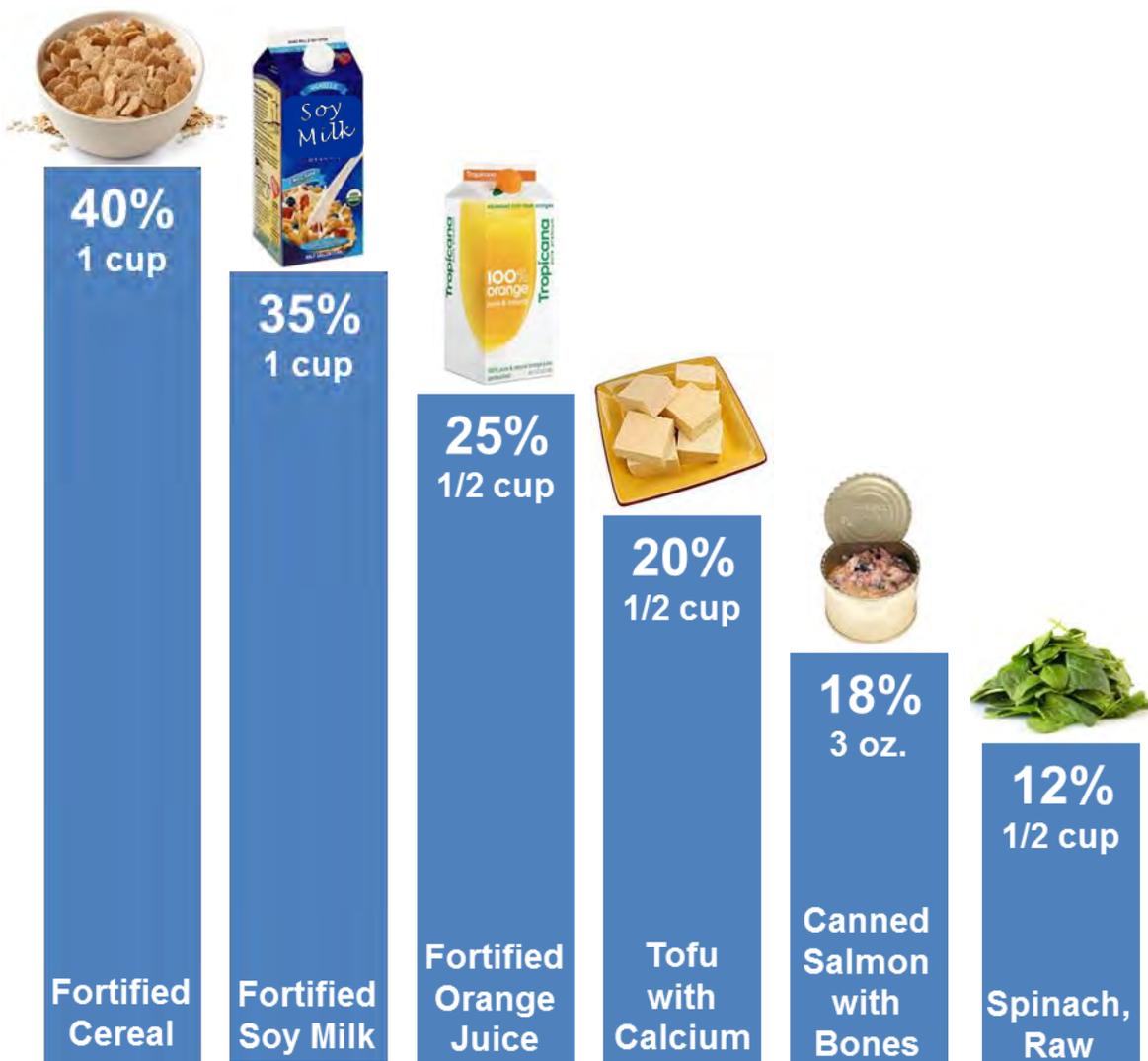


# Non-Dairy Calcium Sources

You can still get 100% of the calcium your body needs by eating a combination of other foods.



## Helpful Hints About Calcium

### Some people are lactose intolerant:

When a person is lactose intolerant, dairy foods often give them side effects like bloating, gas, or cramping. However, there are lots of other calcium sources that are non-dairy.

### Choose calcium fortified foods like cereals, orange juice, and soy products:

These foods do not naturally have calcium, but have calcium added to them.

### Other sources of calcium:

Almonds, sesame seeds, soybeans, collard greens, broccoli, and kale.

### Be sure to check the Nutrition Facts Label:

All foods vary in the amount of calcium, so check the Percent Daily Value. Be sure to get 100% everyday.