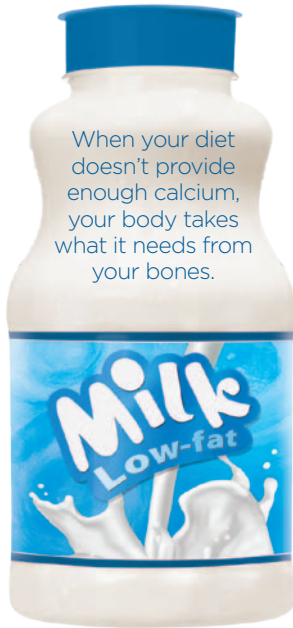


NOT ALL CALCIUM SOURCES ARE CREATED EQUAL



When your diet doesn't provide enough calcium, your body takes what it needs from your bones.

ONE CUP OF MILK
CONTAINS 300 MG
OF CALCIUM

No matter your age, everyone needs calcium. Calcium plays an important role in building strong teeth and bones, lowering blood pressure, and maintaining heart beat.

Throughout life your body's 206 bones constantly change. Teenage years are critical for getting enough calcium and other essential nutrients, since most bone growth occurs during the ages of 11 to 16. Did you know that 85-90 percent of adult bone mass is formed by age 18 in girls and age 20 in boys? Adults, especially those over 50, need calcium and vitamin D to protect against bone loss.

Dairy foods, such as milk, cheese, and yogurt are some of the best sources of calcium. In fact, more than 70 percent of the calcium in the US food supply comes from dairy foods. Other foods, such as spinach, may contain calcium, but they also contain other substances that can reduce the amount of calcium available for absorption. Few foods naturally contain vitamin D. The best sources of vitamin D include responsible sun exposure, fortified milk, and fatty fish. Vitamin D, potassium, and magnesium bolster bone by improving calcium absorption.

Three daily servings of dairy foods is an easy way to keep bones strong and bodies healthy.

To absorb the same amount of calcium as you can get from one cup of milk, you would have to eat ONE of the following:



8 CUPS OF SPINACH,
COOKED



6 6-INCH CORN TORTILLAS
WITH LIME



6 CUPS OF PINTO BEANS,
COOKED



2 $\frac{1}{2}$ CUPS OF BROCCOLI,
COOKED



1 CUP OF DRY ROASTED
ALMONDS

References:

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Rosado JL, Díaz M, Rosas A, Griffit I, García OP. J Nutr. 2005;135:2578-2581.