



CALCIUM

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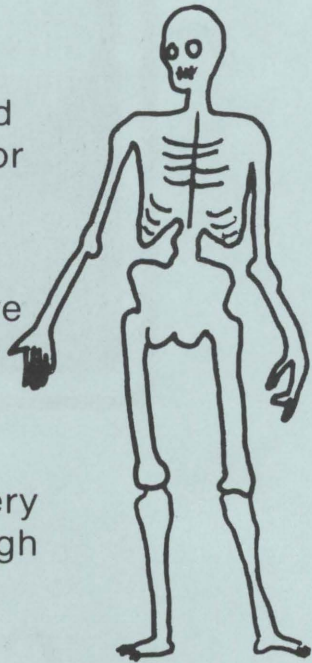
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When you think of **CALCIUM** you probably think of bones. **Calcium** is needed by babies and growing children to build strong bones and teeth. Your body needs **calcium** for many other reasons, too.

Both children and adults need **CALCIUM** for blood clotting, nerve impulses, heart beat, muscle contractions and keeping teeth and bones healthy.

Your body uses up **CALCIUM** every day. It is important to eat foods high in **calcium** to replace the **calcium** your body loses.



HIGH CALCIUM FOODS

MILK AND MILK PRODUCTS

- Skim milk
- Buttermilk
- Yogurt
- Cheese
- Custard
- Ice cream
- Creamed soups
- Hot chocolate
- Cottage cheese

OTHER FOODS

- Sardines
- Collards
- Turnip greens
- Kale
- Mustard greens
- Broccoli
- Dry beans

HOW MUCH DO YOU NEED?

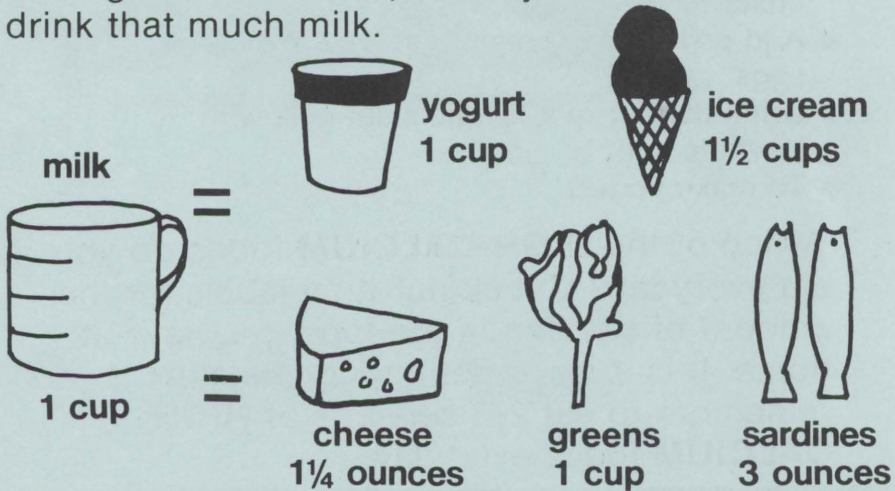
Adults and children (over 1 year of age) need as much **CALCIUM** as there is in $2\frac{3}{4}$ cups of milk every day.



Growing teenagers, pregnant or nursing women need as much **CALCIUM** as 4 cups of milk provides.



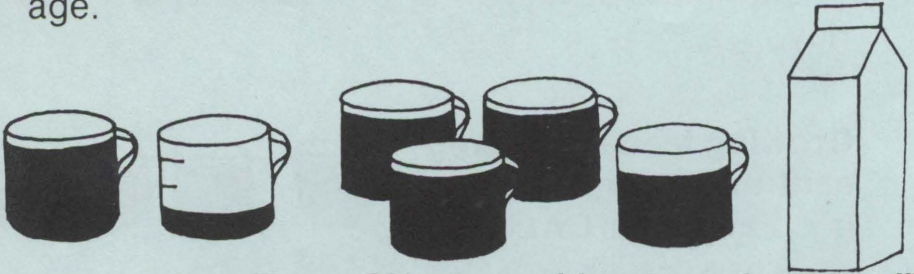
Most people eat other foods that contain milk or are high in **CALCIUM**; so they don't need to drink that much milk.



INFANTS get **CALCIUM** from breast milk or formula. After they are 6 months old they can get **CALCIUM** from cow's milk or other milk products.

You say milk costs too much?

Have you tried Dry Milk Powder? It is an inexpensive, low-calorie source of **CALCIUM** for adults and children. Skim milk should not be given to infants or children less than 1½ years of age.



1⅓ cups dry milk + 3¾ cups cold water = 1 quart milk

USES:

- In cooking: soups, sauces, puddings and custards.
- Add powder to: bread mix, pancake batter, eggs, cereals.
- Drink cold or mix ½ fluid skim milk with ½ whole milk.
- To make yogurt.

Which of the **HIGH-CALCIUM** foods do you eat everyday? Check nutrition labels for the amount of **calcium** in the food you have at home. It is easy to get enough **calcium** if you remember to eat 2-3 servings of **HIGH-CALCIUM** foods everyday.

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