

CALCIUM

Why do you need Calcium?

You need to eat foods with Calcium in them to keep your bones strong.

What foods have Calcium?

High Calcium foods are:



- Low fat milk is higher in calcium than full cream milk.
- Only **children under 2 years old** need the full cream milk.
- **Everyone else** should drink **low fat** milk.
- If you are unable to have milk, you can use soy milk that has added calcium in it.
- **Cheese** is high fat food, so only eat in **small amounts**.
- Eat these foods **2-3 times a day**.

Other foods with Calcium are:



- dates, dried figs, prunes



- broccoli



- canned fish, salmon, sardines



- brazil nuts, pistachio nuts, raw almonds, walnuts

TIPS!

- ✓ You must have Vitamin D for your body to use calcium.
- ✓ The **best** source of **Vitamin D** comes from **sunlight**.
- ✓ To get enough vitamin D you need to have sunlight on your uncovered face, hands and arms without sunscreen: for dark skinned people up to **20 minutes**; for fair skinned people **6-8 minutes**, on most days.
- ✗ **Avoid** the **hottest times** of the day. Before 11am and after 4pm it is safer to expose your skin.