

Calcium

IN ADDITION TO STRONG BONES AND DENTAL HEALTH, CALCIUM PLAYS AN IMPORTANT ROLE IN BLOOD CLOTTING, NERVE FUNCTION, AND MUSCLE CONTRACTIONS.

MOST KIDS BETWEEN THE AGES OF 9-18 NEED 1300 MG. OF CALCIUM EVERY DAY.



1.) PLAIN YOGURT, 8 OZ.

approx. 440 mg

2.) TOFU, 1/3 CUP

approx. 580 mg.



3.) 2% MILK, 8 OZ.

approx. 270 mg.

4.) COOKED SPINACH, 1/2 CUP

approx. 120 mg.



5.) CHEDDAR CHEESE, 1 OZ

approx. 200 mg.