



## Getting Enough Calcium

Are you getting enough calcium? You need 3 to 4 servings of calcium-rich food each day to prevent osteoporosis! One way to do this is to include a calcium-rich food with each meal, such as an 8-ounce glass of non-fat or low-fat milk.

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Are you among the 84% of young women ages 20-29 or 88% of teenage girls who do not get enough calcium each day?

Calcium is important for building strong bones and teeth, muscle contractions, and blood clotting. Calcium also helps prevent osteoporosis, a bone thinning disease.

Eat or drink 3 to 4 servings of calcium-rich food each day, depending on your age. (One serving is about  $\frac{1}{2}$ -  $\frac{3}{4}$  cup of milk for children and 1 cup of milk for teens and adults.)

Here are some ways to include more calcium in your diet:

- Include calcium-rich foods with each meal. Drink an 8-ounce glass of non-fat or low-fat milk with your meal.
- Use milk instead of water when making hot cereal and soups.
- Have a cup of non-fat or low-fat yogurt for your mid-afternoon snack.
- Eat or drink calcium-fortified foods such as fortified orange juice, soy milk, or rice milk.
- Eat tofu made with calcium sulfate.
- Eat dark green vegetables such as turnip greens, broccoli, kale, and bok choy.
- Eat canned salmon or sardines (eat the soft bones).

***How can you get enough servings of calcium-rich foods today?***