Health Tip of the Month:
Focus on Bone Health

Keep your 206 bones strong

3 Ways Calci knows to keep bones strong

The bone– hard facts:

- Calcium is essential to a healthy diet.
- Calcium is needed to build strong bones and teeth.
- 1,300 mg of calcium is recommended daily

Some Calcium Rich Foods:

- Dairy foods - yogurt, milk, cheese, ice cream, cottage cheese
- Whole grains – fortified cereals, breads, brown rice
- Vegetables - broccoli, kale, turnip greens, collards
- Beans - soybeans, tofu, chick peas, navy & kidney beans

Many foods, such as cereals and 100% fruit juices, now have calcium added to them.