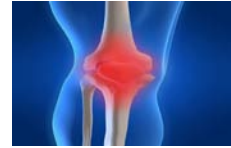


Calcium



What's it for?

- Calcium is an essential Mineral within the body – it makes up to 2% of your body weight
- Strong bones - prevent osteoporosis in later life
- Healthy Teeth – remember they have to last you a life time!!!!
- Muscle function – helps with the contraction of muscles
- Blood – small amount present here to help body function properly

99% of your Calcium is in your bones and teeth – Your bones are like a store – if the body is low in calcium circulating in the blood or elsewhere – the bone releases Calcium to allow the body function correctly.

That's why its so imperative to get enough – if you don't you can weaken your bones.

Calcium – nec to have 1000mg/ 800mg per day

Food Sources to providing 200mg of calcium per serving – need 4 – 5 daily

- Glass of Milk (200ml)
- Milkshake or any milk based drink
- Slice of Cheddar cheese
- 1 tub of Yoghurt (150ml)
- 3 Oranges
- Sardines/ tinned Salmon – (50g)
- 1 ½ Pizza
- Bowl of Breakfast cereal – (50g) – coco pops, rice krispies, cheerios
- Nutrigrain bar
- 50g seeds – caraway or sesame seeds
- 3 Slices Brown Bread
- 6 Slices White Bread – (brown bread is healthier option – more fibre!)
- Almonds – (80g)
- Glass of Soya Milk

