

‘NUTRITIONAL TIPS’

CALCIUM FACTS

Did you know three out of four adult women don't meet their daily calcium needs?

Calcium helps keep bones and teeth strong and helps muscles to contract and the heart to beat.

A lack of calcium results in the bone-thinning disease osteoporosis, which affects millions of American men and women. This widespread problem is a good reason to try and get the recommended 1,200 milligrams each day.

The best source of calcium is dairy products such as milk, yogurt and cheese. A single serving of cheese can give you 20 percent of the suggested daily intake. Other foods can provide calcium, too. Try dark green vegetables, dried beans and calcium fortified juices and cereals.

Weight-bearing exercise also helps strengthen bones. Include walking, running, dancing or other physical activity most days of the week to keep your bones strong.

You can buy very good supplemental calcium from many nutritional stores. Every good drug store has these items.

Eat well!

“Welcome Aboard!”

“Enjoy The Ride!”

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