

INCREASING YOUR CALCIUM INTAKE

WHY IS CALCIUM IMPORTANT



Adults between the ages of 19-70 years of age we want aiming to consume around 1000-1220mgs of calcium per day.

Dairy is a rich source of Calcium, however calcium can also be found in sardines and salmon with the bones, broccoli, cabbage and kale.

Postmenopausal women as well as those who avoid dairy are at risk of Calcium inadequacy and are the individuals who most likely require more calcium in their diet.

Calcium is important for bone remodelling and decreasing risk of bone related diseases such as osteoporosis.

If you do not consume enough calcium, attempting to implement 2+ of the below sources will be an easy way to increase your Calcium consumption!

HIGH CALCIUM SNACKS

- Calcium Fortified John West Tuna
- Up & Gos (GF, Lactose Free and High Protein Options Available)
- Yopro Perform Range
- Chobani Yoghurt
- Sustagen
- Calcium set Tofu
- Chocolate Almond Breeze Milk
- Flavoured milk
- Cheese
- Cows Milk/ Milk alternatives (always check your milk alternatives for Calcium fortification of around 250-300mgs of Calcium - will find this information of the back of the Carton)

