CALCIUM

Why do I need it?
→ Maintains bone and dental health
→ Blood clotting after injury
→ Muscle contractions
→ Nerve impulses and vision
→ Helps regulates blood sugar
→ May reduce heart disease, cancer, and obesity

Where can I get it?
→ Milk, yogurt, cheese, fortified cereals, spinach, tofu, salmon
→ Pair with good sources of vitamin D, to maximize absorption.

Sourced from: McGuire, M. and Beerman, K. Nutritional Sciences: From Fundamentals to Food