

CALCIUM

Did you know???



The body needs calcium to **maintain strong bones** and to carry out many important functions. Almost all calcium is stored in **bones and teeth**, where it supports their **structure and hardness**. The body also needs calcium for **muscles to move** and for **nerves to carry messages between the brain and every, body part**.

NUTRITIONAL FACTS

FOOD - RAW	QTY	CALCIUM	DAILY %	PROTEIN	CALORIES
Almond Milk	1 cup	441mg	44%	1g	369
Soy Milk	1 cup	300mg	30%	7.8g	74
Milk(whole)	1cup	275mg	28%	7.7g	149
Greek Yoghurt	1 cup	270mg	27%	21.5g	207
Cheddar Cheese	30g	213mg	21%	6.9g	120
White Beans	1 cup	191mg	19%	19g	299
Fennel -raw	1 cup	166.5mg	17%	4.2g	105
Sardines(canned)	100g	130mg	13%	25.3g	195
Black Beans	1 cup	118mg	12%	26g	240
Kidney Beans	1 cup	100mg	10%	14.1g	220