

Why is calcium an important part of our diet?

Calcium (Ca^+) is important to keep our **bones** healthy, help our **muscles** function (including the heart muscle) and make sure our **blood** can clot normally.

What are the main types of sources of calcium in our diet?

There are animal-derived and non-animal derived (plant-based) choices when it comes to foods rich in calcium.

Animal-derived sources of calcium:

- ✓ Milk
- ✓ Cheese
- ✓ Yoghurt
- ✓ Small fish where you eat the bones



Image by easyhealthysmoothie

Non animal-derived sources of calcium:

- ✓ Kale, cavolo nero, pak choi, broccoli, rocket, brussel sprouts
- ✓ Fortified plant-based drinks & yoghurts
- ✓ Fortified cereals (be mindful of sugar!)
- ✓ Calcium-set tofu
- ✓ Legumes/ beans
- ✓ Chia seeds, sesame seeds, almonds
- ✓ Dried figs
- ✓ Parsley, sage, rosemary, thyme



Image by lorises

Beware of Calcium thieves!!

Alcohol, coffee, fizzy drinks, antacids, stress, high intake of salt & sugar can negatively affect how much calcium you absorb