

# Calcium

## Sources of Calcium

### Best Sources

Milk (Whole, Low-fat, Skim)  
Cheddar Cheese  
Salmon (with bones)  
Yogurt



### Good Sources

Cottage Cheese  
Turnip Greens  
Collard Greens

### Fair Sources

Ice Cream  
Broccoli  
Dry Beans

## Functions of Calcium

- A basic component of teeth and bones
- Necessary for normal blood clotting
- Needed for muscle contractions