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