

## Sources of Calcium

Calcium helps build strong bones and teeth. Milk and milk products are great sources of calcium. If your child cannot digest milk or if you choose not to serve milk products, there are other ways to make sure he or she gets enough calcium.

- Serve calcium-rich vegetables like broccoli, mustard greens, kale, collard greens, and brussels sprouts.
- Include high-calcium beans like great northern beans, black turtle beans, navy beans, and baked beans in casseroles and salads.
- Try calcium-enriched soy- and rice-based drinks. Serve chilled, use in place of cow's milk in your favourite recipes, or add to hot or cold cereals.
- Serve lactose-reduced or lactose-free dairy products like low-fat or fat-free milk, yogurt, and ice cream. (Lactose is the sugar in milk and foods made with milk. People who cannot digest lactose often have stomach pain and bloating when they drink milk.)
- Try low-fat yogurt or cheese in small amounts—they may be easier to digest than milk.