Calcium is important to get in your diet everyday! It helps:

- Keep your bones and teeth strong
- Support Brain health
- Keep blood circulating
- Assist in building muscle

You should aim to consume 1300mg of calcium everyday.

There are many foods that can help you achieve this number!
- Milk, cheese, yogurt, and other dairy products are the most common and pack the most calcium

But there are other non-dairy sources as well!
- Beverages fortified with calcium like almond and soy beverages as well as certain orange juices! Be sure to check the label!
- Green vegetables, beans, nuts, and fish are also other foods packed with calcium!

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