

CALCIUM



TOPS THE SHOPPING LIST

Put a by the calcium-rich foods you buy.



Dairy Case

- milk, any variety
- flavored chocolate milk
- buttermilk
- cheese
- yogurt
- Parmesan cheese
- cottage cheese



Produce Department

- tofu made with calcium
- turnip greens
- broccoli

Freezer Section

- frozen yogurt
- ice cream
- ice cream bars
- frozen pizza with real cheese
- frozen waffles
- calcium fortified orange juice



Grocery Shelf

- nonfat dry milk
- pudding
- canned salmon with bones
- macaroni and cheese
- almonds

