

Calcium Is Right for Pearly Whites!

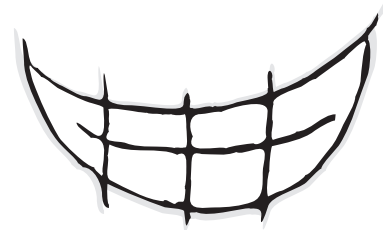


Calcium is crucial for all the growing bones in your body. Dairy products like unflavored milk and plain yogurt are high in calcium, and there are many other calcium-rich foods to choose from. Leafy greens like kale and bok choy, baked beans, and black-eyed peas have calcium as well as other vitamins and minerals and fiber. Soy products like tofu also have calcium, protein, and healthy fat!

Smile!

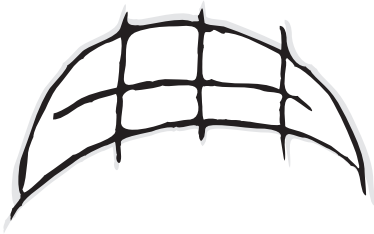
Did you know that calcium is great for helping to keep your teeth healthy and strong?

So eat calcium-rich foods, smile, and show off those pearly whites!



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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