Foods that give us calcium

Cow's Milk

Bok Choy

Yoghurt

Almonds

Sesame Seeds

Chia Seeds

Broccoli

Plant-based Milk*

*Check they have calcium added

Cheese

Calcium is an important mineral you can find in all of these foods. It is important to help us grow strong bones and teeth.

Did you know?

Your bones reach their peak strength around the age of 25.

food for thought™