

WHY MAINTAINING YOUR CALCIUM LEVELS IS ESSENTIAL

- **BONE HEALTH** 99 percent of your body's calcium is stored in your bones and teeth. Until you reach older adulthood, your body is constantly rebuilding and strengthening your bones, requiring a regular intake of calcium.
- **HEART FUNCTION** Calcium literally keeps your heart muscle pumping.
- **NERVE TRANSMISSION** Calcium fires cell signals that direct your muscles to contract and get you moving.

HOW MUCH DAILY CALCIUM DO I NEED

- Men 19-70 need 1000mg
- Women 19-50 need 1000mg
- Women 51+ (and men older than 71) need more: Up your intake to 1,200 mg every day.

FUN FACT: Older adults need more calcium to protect their bone health and stave off osteoporosis, a common bone disease that can develop as you age. Osteoporosis can lead to broken bones, limited mobility and costly surgeries.

*info sourced from Mayo Clinic

The logo for younutrition features the word "younutrition" in a white, lowercase, sans-serif font. A blue horizontal line is positioned under the "y" and "n". Below this line, the words "PERSONALIZED" and "NUTRITION COACHING" are written in a smaller, white, uppercase, sans-serif font, stacked on two lines.

younutrition
PERSONALIZED
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NON-DAIRY CALCIUM SOURCES

- Canned sardines. Check the label to be sure they're canned in oil, bones included.
- Fortified soy, almond and rice milk.
- Fortified orange juice. Check the label; not all orange juice is fortified with calcium.
- Tofu made with calcium sulfate.
- Canned pink salmon with bones.
- Fortified cereals and English muffins. Check the label; many popular ready-to-eat breakfast cereals and English muffins come with a healthy dose of added calcium.
- Greens. Turnip and collard greens and kale all pack a calcium-rich punch.
- Beans. Garbanzo, kidney, navy and even canned baked beans provide calcium; boiled green soybeans are another good option.
- Canned shrimp.
- Veggies like cooked broccoli, Chinese cabbage, edamame and acorn squash.
- Papaya, dried figs and oranges.