



# Strong Bones Count!

A good Calcium intake keeps bones strong.

Regular exercise builds up bones in young people and slows down loss of bone density in older people. The combination of regular exercise and calcium in your diet helps keep your bones strong as you age.

## Recommended dietary intake of calcium:

Each ● = 200 mg

Older women (54+ years)



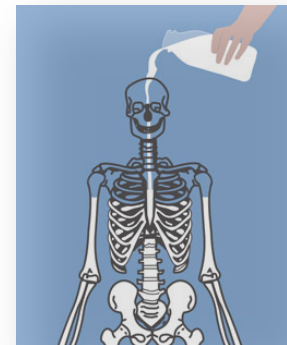
Adult men and non pregnant women



## Calcium content

## Food – some examples

- 1 glass of homogenised milk (200ml)
- 1 glass of high-calcium milk (200ml)
- ◐ 1 glass of non-fat milk (200ml)
- 1 pottle of yoghurt (150g)
- ◐ 3 slices of cheddar cheese (40g)
- 1 cup ice cream (140g)
- 1 medium bowl of muesli (80g)
- 3 (2.5 cm) cubes of tofu (125g)
- ◐ 1 cup of cooked broccoli
- ½ cup almonds
- 1 cup of baked beans (270g)
- ◐ ½ cup dried figs
- ◐ 1 cup of mussels (160g)
- Sardines (with bones) (50g)



**Supplements:** If you are unable to eat calcium rich foods, supplements may be necessary. Discuss this with your doctor.

If you wish to have advice on your individual dietary needs just contact us on:

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