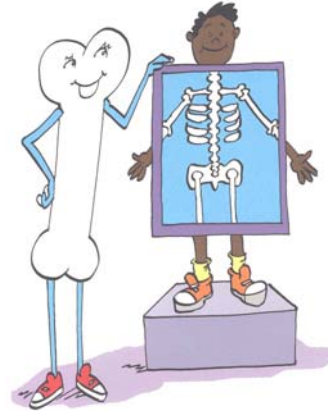
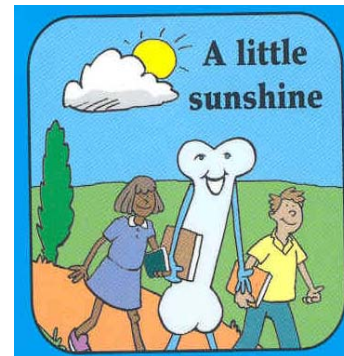
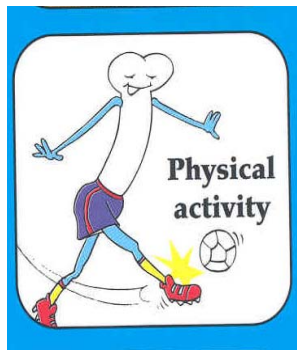
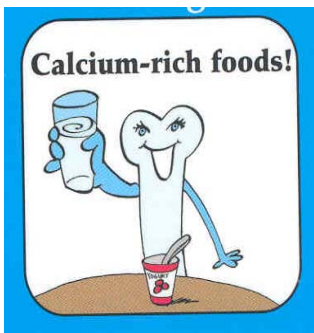


Health Tip of the Month: Focus on Bone Health

Keep your 206 bones strong



3 Ways Calci knows to keep bones strong



The bone– hard facts:

- Calcium is essential to a healthy diet.
- Calcium is needed to build strong bones and teeth .
- 1,300 mg of calcium is recommended daily

Some Calcium Rich Foods:

Dairy foods - yogurt, milk , cheese , ice cream , cottage cheese

Whole grains– fortified cereals , breads, brown rice

Vegetables - broccoli, kale, turnip greens, collards

Beans - soybeans, tofu, chick peas, navy & kidney beans

Many foods, such as cereals and 100% fruit juices, now have calcium added to them.