

Good Sources of Calcium

Now, a health minute.

Calcium is a key ingredient in making bodies work as they should. Calcium helps build bones and muscles and keeps your heart and blood pumping well.

But the body doesn't produce calcium, so you have to get it from the foods you eat.

Good sources of calcium include: dairy products like milk, yogurt, and cheeses.

Other foods that can provide calcium include: soymilk and soy-based products like tofu, some leafy green vegetables like kale or collard greens, as well as products that are fortified with calcium, like some nondairy milks, juices or breads.

To make sure you are getting enough calcium, talk to your healthcare provider to see if they recommend a daily calcium supplement.

Calcium is needed to keep your body strong and healthy. Take a look at your choices to make sure you are getting enough calcium in your daily life.