



# Find your inner strength

Three benefits of calcium



1. Keeps bones and teeth healthy
2. Regulates blood pressure
3. Helps maintain a healthy heart

Adults need about 1,000 mg of calcium per day. These foods are high in calcium:

- Milk
- Cheese
- Yogurt
- Spinach
- Kale
- Okra
- Broccoli
- Soybeans