

Calcium is a major building block for healthy bones and teeth!

How to help grow strong bones!

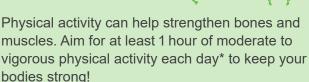




it contains fibre!

DID YOU KNOW

I LIKE TO **MOVE IT MOVE IT!**



There are lots of ways you can stay active throughout the day with your whanau and friends. Run, skip, hop, cycle, dance, jump and more each day to help keep your bodies strong.



Calcium-rich breakfast ideas.

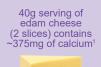


250ml of fresh cows milk contains at least 360mg of calcium1

250ml of soy-based calcium fortified alternatives contains ~286mg of calcium



100g of yoghurt contains ~130mg of calcium¹





1 slice of wholegrain bread - 33mg1

Homemade fruit smoothie: add your favourite fruit to 1 cup of milk and 1/2 cup of yoghurt. This contains at least 522mg¹





1 orange contains ~35mg of calcium²

For a quick 'grab n go' option, add a handful of almonds alongside a piece of fruit, sandwich or scroggin mix. 10 almonds contains ~30mg of calcium1



References and to find out more information about calcium and bone health visit:

- 1. https://nutritionfoundation.org.nz/nutrition-facts/minerals/calcium
- 2. https://www.healthyfood.co.nz/resource/calcium-calculator
- 3.https://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-children-and-young-people-aged-2-18-years-background-paper
- * https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity/how-much-activity-recommended