CALCIUM • Burmese

- Calcium is an essential mineral that is crucial for maintaining healthy bones and teeth. It also plays a role in muscle function and nerve transmission.
- Good sources of calcium include dairy products such as milk, yogurt, and cheese, as well as leafy green vegetables like spinach and broccoli, and fortified foods like tofu and orange juice.

**Why do you need Calcium?**
You need to eat foods with Calcium in them to keep your bones strong.

**What foods have Calcium?**
High Calcium foods are:

- Low fat milk (this has a green, yellow or light blue top) is higher in calcium than dark blue top milk.
- **Only children under 2 years old need the dark blue top milk.**
- **Everyone else** should drink low fat milk.
- If you are unable to have milk, you can use soy milk that has added calcium in it.
- **Cheese** is a high fat food, so only eat in small amounts.
- Eat these foods 2-3 times a day

**Other foods with some Calcium are:**

- dates
- dried figs
- prunes
- broccoli
- canned fish
- salmon
- sardines
- brazil nuts
- pistachio nuts
- raw almonds
- walnuts

**You must have Vitamin D for your body to use calcium.**
**The best source of Vitamin D comes from sunlight.**
**To get enough vitamin D you need to have sunlight on your uncovered face, hands and arms without sunscreen:**
- for dark skinned people up to 20 minutes;
- for fair skinned people 6-8 minutes, on most days.

**Avoid** the hottest times of the day. Before 1am and after 4pm it is safer to expose your skin.