

HOW Would You Rather Eat CALCIUM?



Milk

Serving Size: 1 cup (1%)
Calories: 102, Calcium: 305 mg



Kale

Serving Size: 1 cup, chopped,
loosely packed
Calories: 8, Calcium: 24 mg

Broccoli



Serving Size: 1/2 cup, raw, chopped
Calories: 15, Calcium: 21 mg

**Sunflower
Seeds**



Serving Size: 3 Tbsp, hulled
Calories: 153, Calcium: 20 mg



Yogurt

Serving Size: 8 oz, vanilla, non-fat
Calories: 177
Calcium: 268 mg



**Collard
Greens**

Serving Size: 1 cup, boiled,
chopped
Calories: 63, Calcium: 268 mg

**Black-Eyed
Peas**



Serving Size: 1 cup, boiled
Calories: 198, Calcium: 41 mg

**Green
Beans**



Serving Size: 1 cup, boiled
Calories: 44, Calcium: 55 mg

