

# CALCIUM FOR BONE HEALTH



Calcium helps build strong bones and protects against osteoporosis. We also need calcium for a healthy heart, nerves, muscles and blood. This month's puzzle contains the names of sources of calcium. Give your brain a workout and find them all!

- BAKED BEANS
- BLACKSTRAP
- BROCCOLI
- COLLARDS
- COTTAGE CHEESE
- FORTIFIED
- ICE CREAM
- MACKEREL
- MILK SHAKE
- MOLASSES
- PUDDING
- SALMON
- SARDINES
- SOYBEANS
- SUPPLEMENTS
- TAHINI
- TOFU
- TURNIP GREENS
- YOGURT



**More choices:** Many other foods come in fortified versions. Read the labels to find those with added calcium, including breakfast cereals, oatmeal, soy milk, rice milk, juice and breads.