

Easy and delicious ways to boost your calcium

(NC)-Everyone knows calcium is essential for the development of healthy teeth and strong bones. The good news is there are many fun and delicious ways to add calcium to your diet...mmm, even with ice cream!

Dairy products including milk, cheese, yogurt and ice cream are great choices to help add calcium to your diet. Other calcium sources include broccoli, spinach and even almonds, which can easily be added to a variety of meals.

Although most dairy products are a good source of calcium, they don't all contain equal amounts of calcium. Canada's Food Guide to Healthy Eating recommends adults get 2-4 servings of milk products every day. The following chart features foods equivalent to one serving of milk products from the Food Guide.

1 serving of milk products =
125 ml (1/2 cup) ice cream¹
175 ml (3/4 cup) yogurt²
250 ml (1 cup) milk²
50 g cheese²

Despite the common knowledge that calcium is good for your body, here are some more interesting facts about calcium:

- The body does not produce calcium, which means that you must get it from your daily diet.
- A healthy diet with adequate calcium and vitamin D, and regular physical activity, help to achieve strong bones.
- Everyone requires a calcium-rich diet for healthy growth, development and maintenance, but children with growing bones, pregnant and breastfeeding women in particular require greater amounts of calcium.

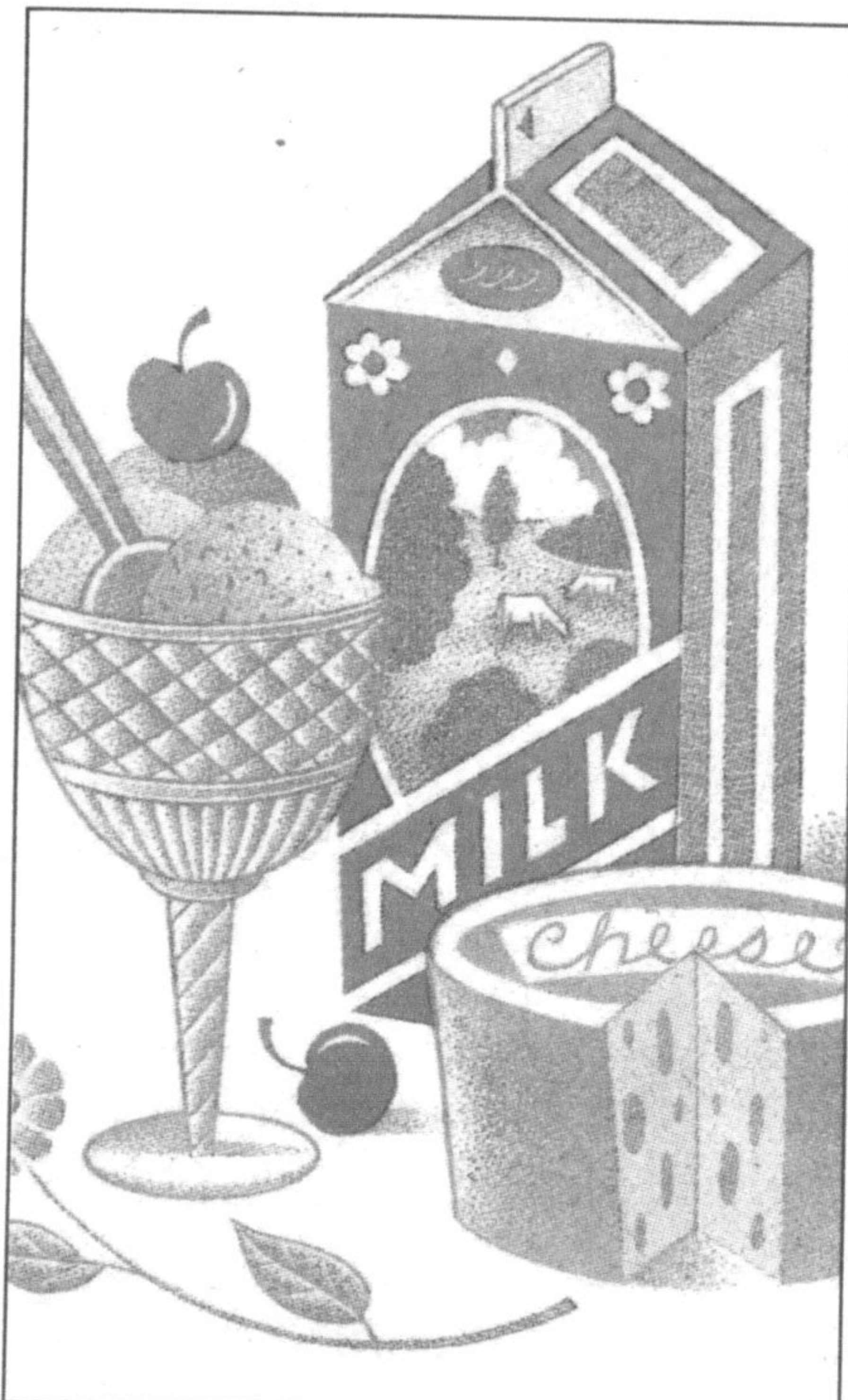
"Many dairy products are good sources of calcium, including treats like ice cream," said Vanessa Andrews, Nestlé Canada Dietitian. "All foods can fit as part of a healthy balanced lifestyle. A calcium-rich diet can be fun and delicious."

So the next time you're snacking on almonds or having a bowl of Nestlé Real Dairy ice cream, remember that you're not just having a tasty treat, but one rich in calcium that helps keep your body strong and healthy.

For more information about Nestlé Real Dairy, visit www.nestle.ca. To ask a dietitian a question about calcium, click on Contact Us and select "dietitian" in the Topic section.

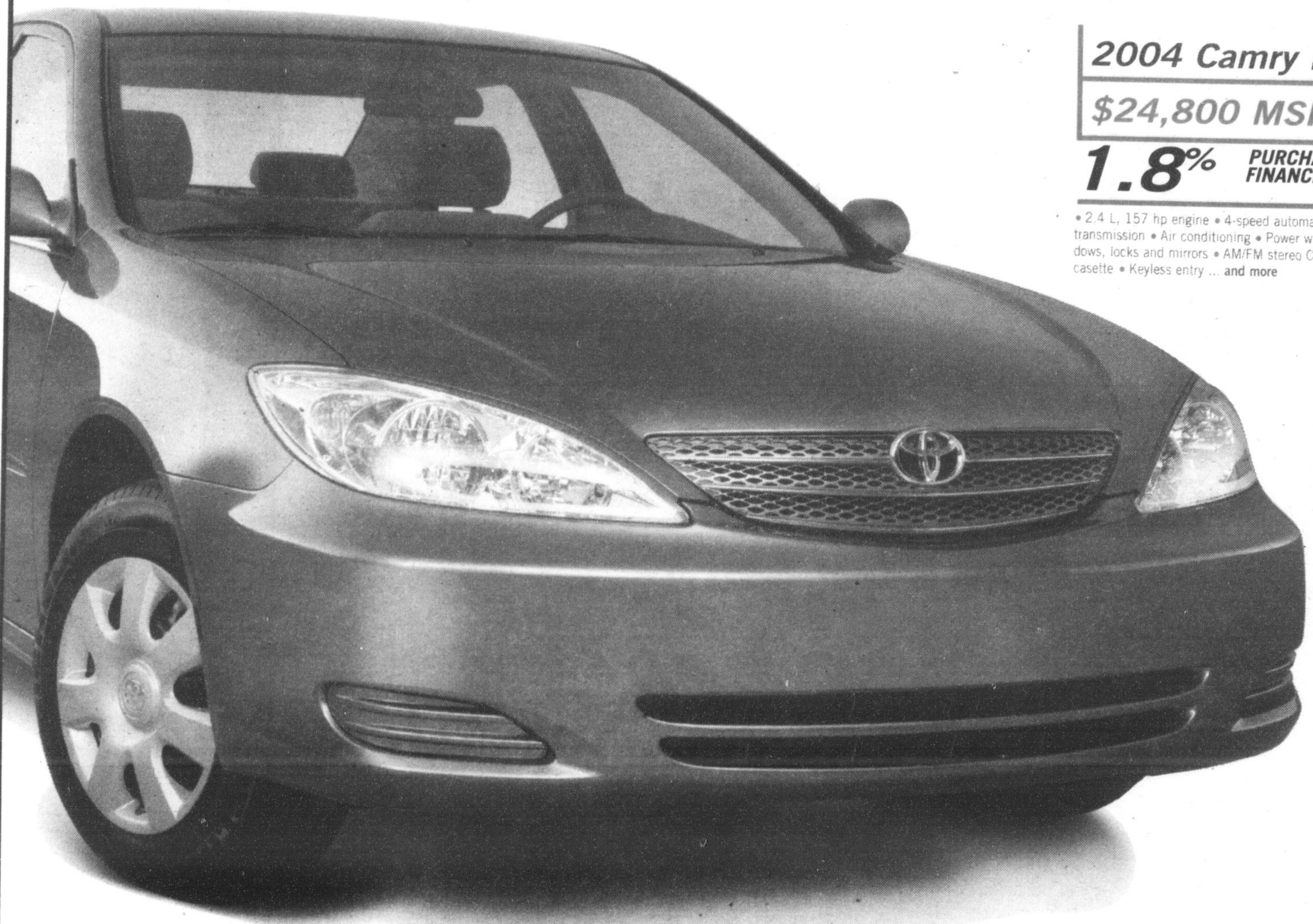
¹ Section 6.3, The 2003 Guide to Food Labelling and Advertising

² Canada's Food Guide to Healthy Eating - News Canada



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