

# Kids and Calcium

Dairy is a good source of calcium, but calcium does not originate with the cow. Calcium is a mineral, and minerals come from the soil. Cows get calcium from eating plants — grass hay and alfalfa. Likewise, kids and adults can get a steady supply of calcium by eating foods such as leafy green vegetables, beans, and nuts. These foods also provide other essential nutrients, and the calcium in them is better absorbed by the body than that in milk!

**Did you know?** The protein in milk, casein, has been shown in numerous studies to correlate to higher rates of heart disease, diabetes, cancer and many autoimmune diseases.

In addition to calcium, it's essential that we get the proper amount of vitamin D (the sun is a great source!) and that we exercise!



For more information, tips, and activities, visit [wkids.org](http://wkids.org).

## Surprising Sources of Calcium:

- Broccoli, Brussels sprouts
- Butternut squash, carrots
- Cauliflower, collards, kale,
- Sweet potato, legumes
- Black turtle beans, chick peas
- Great Northern beans, kidney beans
- Lentils, navy beans, pinto beans
- Soybeans, soymilk, tofu
- Vegetarian baked beans, white beans
- Whole Grains, corn
- Almond, cashew, and coconut milks
- Rice, oat, and hemp milks
- Whole wheat bread
- Dried figs, raisins, navel oranges

