



# Calcium



**Calcium is a mineral that works with vitamin D and phosphorus to build strong bones and teeth.**

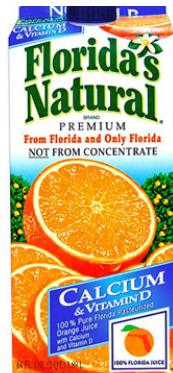
**Calcium also helps keep your blood pressure healthy, it maintains healthy nerves and helps our muscles move.**

**Eat these foods to get your calcium:**

Almonds



Orange Juice with added calcium



Lowfat Dairy



Dried Beans



Dark Leafy Greens



Cactus



**Tulare County Office of Education**  
*Jim Vidak, County Superintendent of Schools*