Calcium & Healthy Snacking

Calcium is important for building strong bones and teeth as well as preventing further health problems. Calcium plays a role in many other functions including blood-clotting, nerve signaling, muscle contraction, releasing hormones and maintaining a normal heartbeat.

How much do you need?
- Adults: 19-50 years old – 1,000 mg/day

Finding Calcium in Food
- Cheese
- Milk
- Yogurt
- Tofu
- Fortified foods (juice, milk, cereal)
- Almonds, broccoli, dark leafy greens

Healthy snacking throughout the day is important because it provides energy during the day and for exercise. Eating small snacks throughout the day and between meals prevents you from overeating during mealtime. When choosing a snack, try to include both a carbohydrate and protein.

Snack options:
- 2 cups air-popped popcorn
- 3 graham crackers
- ½ small banana
- 1 medium piece of fruit
- Low-fat yogurt
- 1 cup of raw vegetables
- Banana with peanut butter
- Tortilla with melted reduced-fat cheese and salsa

Keys to healthy snacking:
- Read the nutrition label
- Watch your portion size
- Aim for fruits, vegetables and whole-grains