

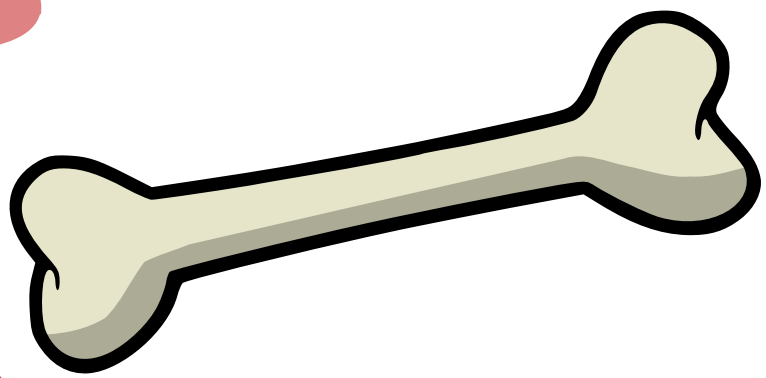
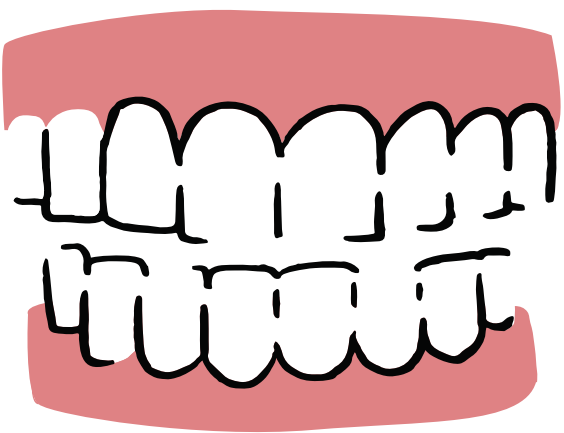
VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Calcium

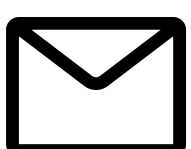
What foods have calcium?

- Dairy: milk, cheese, yoghurt
- Green leafy vegetables
- Fish: canned sardines and salmon
- Nuts: almonds and brazil nuts

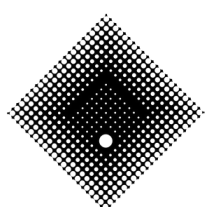


Why do we need it?

- Important for our teeth
- Supports bone health
- Keeps our heart working well



contact Monica for more information monica.wellington@vu.edu.au



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