

# PREGNANT - NEED CALCIUM

*and I'm allergic to milk!!!*



MARKET



FARMERS

MATERNITY WELLNESS

NATURAL SOLUTIONS FOR YOUR PREGNANCY

## shopping time



FOOD	% DV
Fortified ready to eat cereals 1 oz	24-100
Orange juice (fortified) 1 C	30
Rice milk 1 C	15-30
Canned salmon 4 oz	28
Tofu (w/ calcium sulfate) 1/2 C	20
Collards boiled 1/2 C	20
Molasses 1 tbsp	17
Spinach 1/2 C	15
Soybeans cooked 1/2 C	13
Atlantic perch 3 oz	12
Sesame seeds 1 tbsp	10
Broccoli 1 C	10
Oatmeal 1 packet	10
Okra cooked 1/2 C	10
Kale cooked 1/2 C	10
Almonds 1 oz	8
Bok choy 1/2 C	8

### THERE IS A SOLUTION

If you haven't already started considering your nutritional health to be of paramount importance, pregnancy is certainly the time.



If you are one of the many people with an allergy to milk, or have lactose intolerance, it can seem quite impossible a task to meet your calcium requirements. Your needs are 1,000 mg per day. Your baby requires this mineral to build their skeletal system. If your body is unable to derive enough calcium from the foods you eat, it will start taking it from your bones. Proper food choices are necessary as your

multivitamin usually contains only about 333 mg or 33% DV. As always, nature creates a better form of vitamins and minerals, making food a far more valuable source. So be sure not to rely solely on the fortified foods and supplements.



See the chart to find how you can meet your daily value requirements.

\*To compare, milk has a 35% DV

