

# Calcium

Suggested daily intake: 1200 mg/day

## Benefits of Calcium:

- helps build a strong baby (bones and teeth)
- gets used by muscles and nerves to help them function properly
- is a part of the blood clotting system
- can help with leg cramps
- can help reduce pregnancy-induced hypertension

## Good Food Sources:

- dairy products
- calcium fortified orange juice
- nuts and seeds (cracked sesame seeds, tahini, sunflower seeds, walnuts, almonds, almond butter, chestnuts, hazelnuts, etc)
- canned fish with bones
- beans
- tofu
- sprouts (soy bean, mung bean, alfalfa)
- herbs (red raspberry tea, etc)
- seaweeds (nori, wakame, kombu)
- dried fruit (dates, raisins, prunes, banana, papaya, figs)
- blackstrap molasses

## Tips:

- Avoid taking calcium around the same time as your iron, as it decreases the absorption of both.
- Buy a supplement with half as much magnesium as calcium, for added absorption.