

Other foods with Calcium

- Low-fat cheese
- Low-fat yogurt
- Canned salmon and sardines
- Broccoli
- Kale, collard and turnip greens
- Tofu (with calcium)
- Dried beans
- Almonds

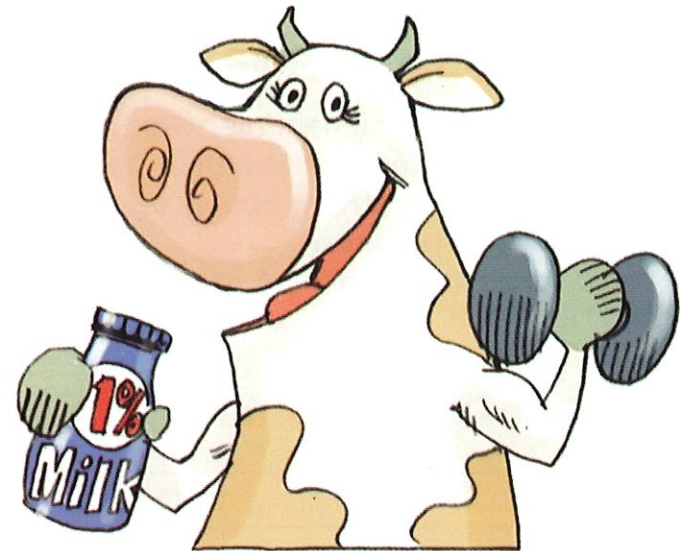


COMMONWEALTH OF KENTUCKY
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Cut the fat!



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Choose 1% or Less

Dairy Products