

## What breakfast foods provide calcium?

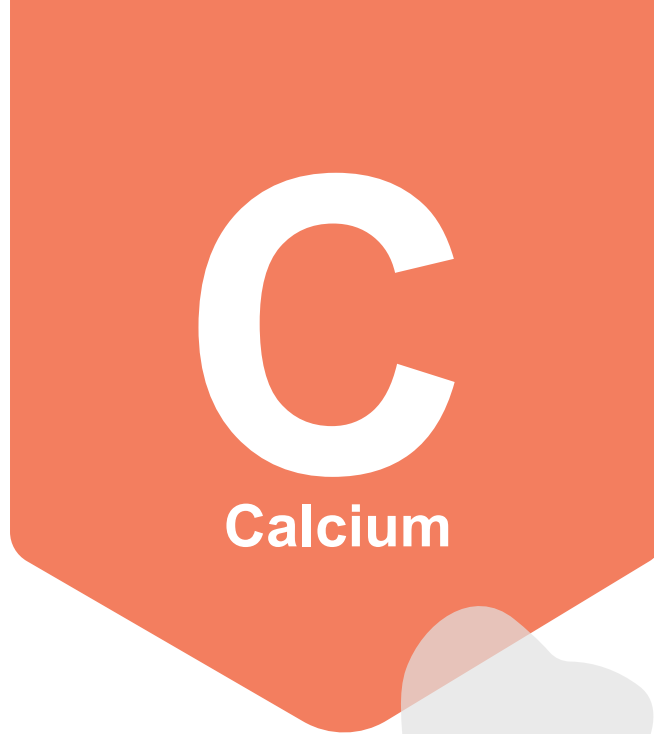


## What is Calcium?

Calcium is a mineral that is needed by the body to ensure that our bones and teeth are strong and healthy. Most calcium in our body is found in our bones. Calcium also helps our heart, nerves, digestion and blood clotting work well so it is very important to our bodies. A lack of calcium can lead to issues such as osteoporosis which means that our bones are more fragile and are more likely to break.

“ On average UK school children aged 5-12 eat over 30% of their daily calcium at breakfast time ”

Gaal et al., 2018



## Did you know ?

As a teenager (especially 11-18 years) you need extra calcium when your bones are developing to make sure you have strong bones for life.

School children who eat breakfast have higher intakes of calcium than those who skip breakfast. (Coulthard, 2017)



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## Test your knowledge with our mini quiz

1. Only women get osteoporosis (weakened bones)?
2. You can find calcium in vegetables?
3. You lose calcium from your body every day?
4. You need vitamin C to help the absorption of calcium?
5. Your bones make up around 50% of your body weight?
6. Missing breakfast could mean you miss out on vital calcium?

## Answers

1. **False.** Men and women can get osteoporosis although more women than men develop it.
2. **True.** You can find calcium in green leafy vegetables such as broccoli and kale. Soya beans are also a source. In the UK dairy products such as cheese, yoghurt and fortified dairy replacements such as soya milk, provide much of our calcium.
3. **True.** It is important to eat foods containing calcium every day, whatever your age.
4. **False.** You need vitamin D to help the absorption of calcium.
5. **False.** Bones make up around 15% of your body weight.
6. **True.** A bowl of cereal with milk can contain from 30% to as much as 80% of your daily calcium needs (depending on your age and cereal). That is a lot of calcium!