

CALCIUM ALTERNATIVES

BEST CALCIUM ALTERNATIVES

Calcium is a primary mineral needed by the body not only to build and strengthen bones, but to influence even the most basic cellular processes. Underlining the importance of calcium, what are other best alternatives to this important mineral aside from milk?

Since almost half of the current population suffers either from milk allergy or lactose intolerance, here are other good sources of calcium to meet your needed daily dietary intake:

- Dark leafy vegetables – broccoli, spinach, Chinese cabbage, collards, turnip greens, dried figs, mustard greens, bok choy, cooked lentils, and artichoke.
- Beans and seeds – almonds, garbanzo seeds, sesame seeds, prunes, dates, kidney beans, pinto beans, baked beans, and navy beans.
- Oranges – orange juice and orange
- Fish – sardines with bones and salmon with bones
- Other sources – soy milk, soy cheese, tofu, rice milk, soy yogurt, almond milk, non-dairy sour cream, blackstrap molasses, and whole wheat bread.

To be able to meet your daily needs, at least a cup of these calcium-rich sources should be consumed. Moreover, it can be noted that a good exposure to Vitamin D early mornings can help in building stronger bones for your body.

How do you also incorporate calcium into your diet without noticing a difference? These easy meals can include calcium in your diet and actually taste good:

- Cereal with berries and soymilk
- Pita pockets stuffed with garbanzo beans and soy yogurt sauce with a glass of orange juice
- A full bowl of fresh oranges mixed with navy beans
- Black beans soup with sour cream
- Chinese veggies with a generous serving of tofu over rice
- Peas and collard greens over rice
- Bean chili bowl with broccoli over corn bread
- Almond butter spread over a whole toast sandwich or toast