Publication #FCS8568

**Healthy Eating: Calcium**

Linda B. Bobroff[2](http://edis.ifas.ufl.edu/fy068#FOOTNOTE_2)

Figure 1.  Yogurt is a great source of calcium.

<https://pixabay.com/p-763372/?no_redirect>

[CC0 Creative Commons](https://pixabay.com/en/service/terms/#usage)

Free for commercial use   
No attribution required

[](http://edis.ifas.ufl.edu/LyraEDISServlet?command=getImageDetail&image_soid=FIGURE%203&document_soid=FY068&document_version=86960)Figure 2.  This dish contains three sources of calcium: tofu, kale, and black beans.

Credit:

Photo by Nora Kuby. Used here under Creative Commons license [CC BY-NC-SA 2.0](http://creativecommons.org/licenses/by-nc-sa/2.0/deed.en). Source: <http://flic.kr/p/6Dd3M8>.