Calcium

**Dairy**
Dairy is a great source of calcium but what types of dairy are the best? Some dairy products, like cheese are great sources of calcium but come with a little extra fat, which may slow you down in practice. Choosing these options after practice could be a good time to get a calcium boost without slowing your performance. 1-cup low fat milk or yogurt or 1.5 oz low fat cheese all provide about 300mg of calcium!

**Kale Chips**
- Pre-heat oven to 350°F. Place parchment paper on cookie sheet or spray with PAM.
- Remove leaves from thick stem and tear into bite size pieces. Wash and dry kale
- Drizzle with olive oil and season with salt
- Bake about 10-15 minutes or until edges are browned

**Daily Target**
- Athletes 19-50 years old
  - Calcium: 1,000mg
  - Athletes with a history of stress fracture: 1500mg/day
  - Vitamin D: 600 IU/day

Many of us know that calcium is important for strong bones but what else is it good for? Calcium also plays a role in keeping your heart’s rhythm and in your muscle function. And bone, muscle, and heart health are all very important for an athlete’s performance!

**Get your Greens**
Most people think dairy when they hear calcium but greens can be a great source too! Collard greens (1c=135mg), Bok Choy (1/2c=100mg), kale (1c=90mg), okra and spinach (1/2c=135mg) are all good sources of calcium. Greens such as cooked broccoli, Brussels sprouts, and cabbage also contain calcium but in slightly lower amounts (about 30mg per ½ cup). Cooking your greens helps make the calcium easier for your body to absorb!