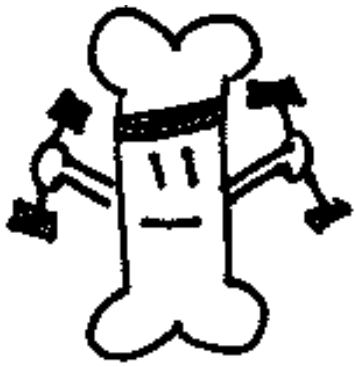
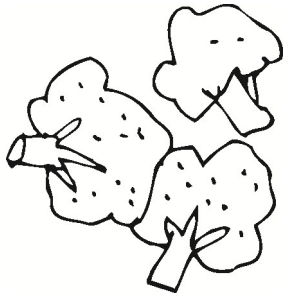


Build Strong Bones: Get your Calcium!



Calcium is found in many foods!



broccoli



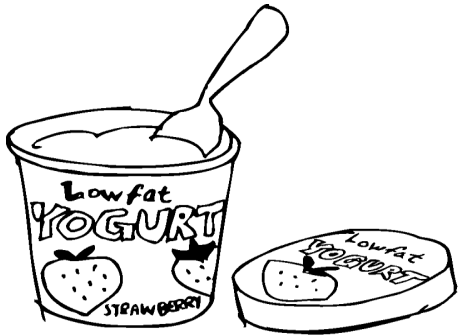
pudding



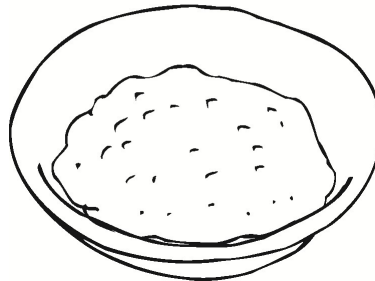
fat-free milk



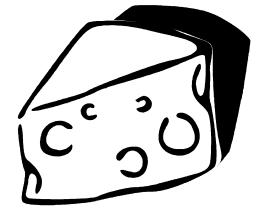
frozen yogurt



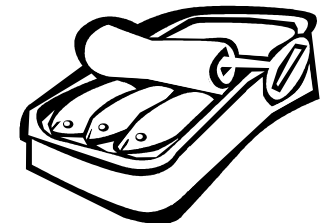
low-fat yogurt



cottage cheese



cheese



sardines



Public Health

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