



**Your Aim:** Consume 2-3 portions of calcium daily

### **Why Calcium?**

Calcium's leading role is legendary. In fact, there seems to be no end to calcium's repertoire: It strengthens bones and teeth and new studies suggest that it may also prevent colon cancer, and even keep Montezuma's revenge at bay. There's also good evidence that diets high in calcium are associated with reduced rates of being overweight or obese.

### **The Science**

In studies, it has been shown that calcium stored in fat cells plays a crucial role in regulating how fat is processed and stored by the body. The more calcium there is in a fat cell, the more fat the cell will burn -- and the greater the weight loss.

Calcium provides small increases in thermogenesis, the body's core temperature. This may boost metabolism, which can prompt our bodies to burn fat.

### **How much to take**

For optimum results aim to include 2-3 servings of calcium into your diet everyday below is a list of high calcium foods:

- Milk,
- Greek yoghurt,
- Beans & Lentils,
- Cheese, Almonds,
- Brazil nuts, Seeds,
- Whey/Casein Protein,
- Dark leafy greens,
- Rhubarb,
- Fortified foods/Drinks (added calcium),
- Edamame,
- Tofu

**Serving Size:** is usually noted on the packet.

**Tips & tricks**

Add leafy green vegetables to all your main meals.

Snack on Greek yoghurt, Brazil nuts or almond.

Switch one of your meat meals for tofu.

Use low-fat options if you are limited on calories.

Lactose-free versions of foods still have the same (or sometimes higher) calcium.

Take a calcium supplement every day with any meal.