Calcium

Your baby needs lots of calcium for strong bones and teeth.

Why?
- *Calcium is important throughout pregnancy to build strong bones and teeth for baby.*
- *Getting enough calcium also helps to keep mom's bones and teeth healthy.*

How?
- *Eat foods rich in calcium, such as:*
    - *milk (all types)*
    - *cheese, yogurt*
    - *calcium-fortified soya or rice beverages*
    - *almonds*
    - *calcium-fortified orange juice*
    - *canned salmon or sardines with bones*

Did you know?
... Baby starts forming teeth in the womb!