

T.W.E



High Protein + Calcium

SNACK IDEAS



What is calcium? 🦴

Calcium is an essential mineral that your body uses for more than just strong bones

It plays a role in:

Bone strength

Muscle contraction

Nerve function

Normal heart function



How much do I need?

For most Australian adults

1,000 mg calcium/day

Some adults have higher requirements:

Women 51–70: 1,300 mg/day

Adults 70+: 1,300 mg/day

Or those with specific injuries

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Where do I get calcium from?



Cheese



Milk



Milk



Yogurt



Almonds



Fortified products



Milk powder

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Top-tier calcium sources ★

Per serve



833mg calcium



354mg calcium



916mg calcium



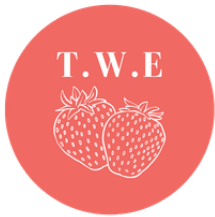
439mg calcium



488mg calcium



464mg calcium



High protein and calcium

Snack ideas



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**LEARN HOW TO
REACH YOUR
FULL POTENTIAL**

**BOOK A DIETITIAN
DISCOVERY CALL NOW.
VIA OUR WEBSITE.**

**TELEHEALTH AND
REBATES AVAILABLE!**



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