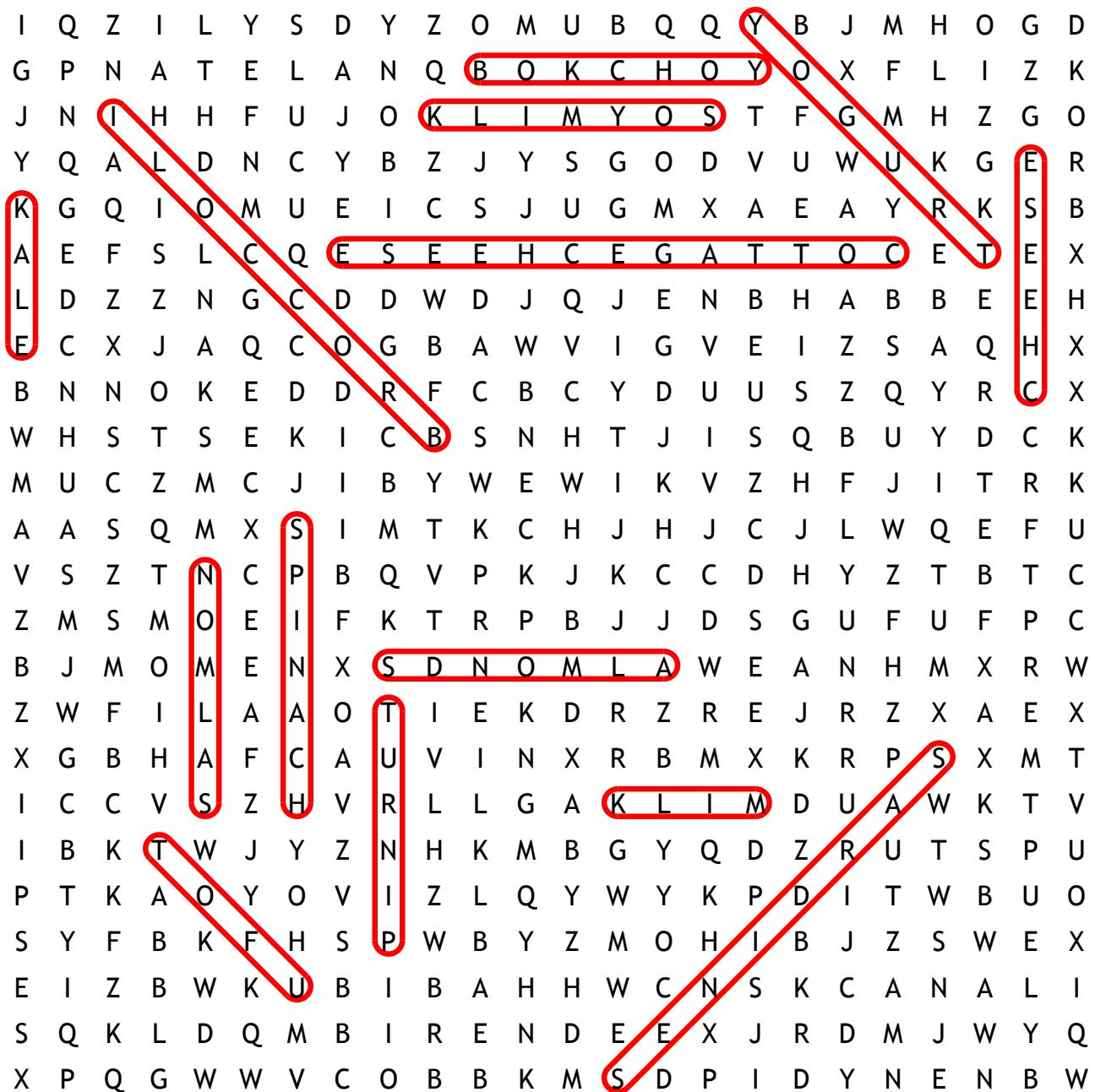


Name: _____

Date: _____

calcium



cottage cheese
sardines
soymilk
yogurt
kale

bok choy
spinach
turnip
cheese
milk

broccoli
almonds
salmon
tofu