



aloo bhaji or start the day with a spinach and lemon juice for your calcium punch.

Broccoli: This exotic vegetable, easily available is one of the leading sources of calcium.

Yoghurt: A bowl of curd with your lunch will do wonders to your overall health besides providing you with a calcium boost.

Kidney Beans: Baked beans on toast, rajma with steamed rice, steamed beans in salads, are some of the ways you could use this scrumptious bean to your diet.

Oranges: Not only are they delicious, they also provide you with calcium. Best used for between-meal cravings.

Green peas: You can toss them in salads, vegetables, rice, pastes, parathas or any other thing you may like.

Almonds: These nuts are known to be one of the highest in calcium content. Take some with you to work, or use them in desserts, or salads.

Nachni atta: Try having the humble nachni rotis thrice a week. Nachni khakhra are available in the market too.

Prunes: One of the richest sources of calcium. Wonderful as a mid-day snack.

Pine nuts: One always wondered of the nutrient value of this nut. Add it to your salads; add it to your pesto or just as a snack.

Soya: Soya should be used in its fermented form - tofu, meso, and temp. Avoid Soya milk and adding Soya to the atta.

Chick peas: Kabuli chana, hummus, chole, are a good source of calcium.

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