

FATIMA'S CALCIUM FEAST

BREAKFAST

Fortified cereal with milk (or calcium-fortified plant milk alternative)



Swiss-style muesli with yoghurt, chopped nuts and seeds

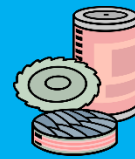
Cheese omelette

LUNCH

Tinned sardine or tinned pilchard sandwich (with bones!)

Cheese and baked beans on toast

Pesto pasta with tinned salmon and broccoli



EVENING MEAL

Stir fry with calcium-set tofu, edamame beans and sesame seeds

Paneer masala with naan bread



Kale macaroni cheese

SNACKS

Rice pudding or custard pot



Dried figs or apricots

Ovaltine, Horlicks or hot chocolate made with milk (or calcium-fortified plant milk alternative)



DID YOU KNOW...

Flour produced in the UK is fortified with calcium, making products such as pasta, pittas and chapatis sources of calcium too! Always read the label to double-check!

