Lactose Intolerant?

How to get your full quota of calcium each day if you can’t drink milk

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It’s true that milk and other dairy products are some of the best sources of calcium, a key nutrient that builds strong, healthy bones and teeth and governs many other functions in the body. But if you can’t drink the cool, creamy beverage, don’t worry. Many other foods can help you get the recommended daily allowance of this body builder.

One food people overlook as a great source of calcium is such fish as canned sardines and salmon with their soft, chewy bones intact. Other excellent sources of calcium are dark leafy greens, almonds and Brazil nuts, beans, oatmeal and calcium-fortified foods of all kinds.

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http://beta.docker.realhealthmag.com/article/lactose-intolerant