

Published based on [10 Healthy Calcium-Packed Recipes](#)

10 Healthy Calcium-Packed Recipes

If you are having a hard time trying to get your daily amount of calcium, check out these recipes. These recipes contain the daily amount of calcium. All you have to do is eat one of these meals and you won't have to worry about your calcium for the rest of the day.

Calcium is essential in building strong teeth and bones, and it may even keep you thin. Get your daily dose with these 10 figure-friendly meals that pack plenty of calcium.

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