



Canned Fish



Lady Finger



Beans

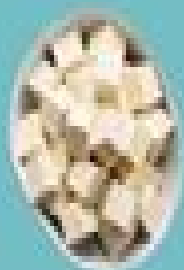


Cottage Cheese

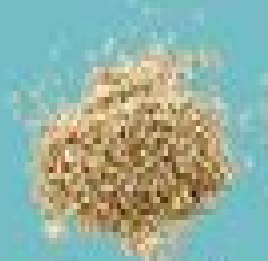
Calcium Rich Foods For Bones



Broccoli



Tofu



Amaranth



Soy Milk



Kale

Calcium And Common Sense How To Have Strong Bones All Your Life

Leslie Van Romer



Calcium And Common Sense How To Have Strong Bones All Your Life:

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