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## Calcium for Pregnancy & Lactation

### Description:

*This nutrition education sheet explains why calcium is important, how much calcium a pregnant or lactating woman needs, which food have calcium and how much each has, instructions for finding the amount of calcium on a food label, which calcium from foods is best absorbed, how to increase calcium in your diet, and a guide to supplementing your calcium. It is all the information you'll need to get enough calcium for you and your baby! And, it works great in conjunction with the meal plan!*