



## Best Calcium-Rich Foods

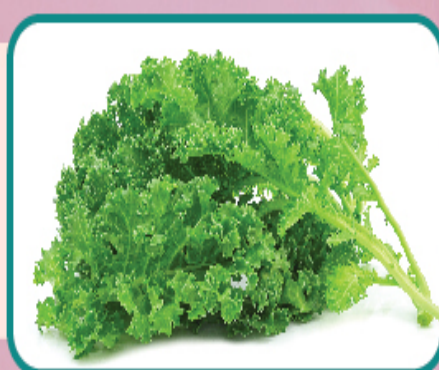
### For Pregnant Women



Low-Fat Plain Yogurt



Curly Kale



Dried Fruits



Whole Almonds



Oatmeal



Tofu

