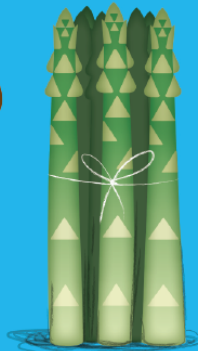


Viva! CALCIUM-RICH FOODS



ALMONDS
AND ALMOND
BUTTER



ASPARAGUS



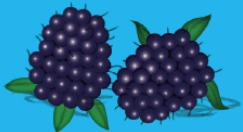
APR_COTS



ART_CHOKES



BAKED BEANS



BLACKBERR_ES



ASPARAGUS



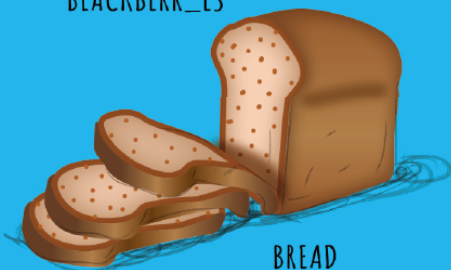
BLACKCURRANTS



BOK CHOY



BRAZ_L NUTS



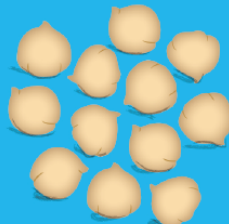
BREAD
(WHOLEMEAL)



BLACKSTRAP
MOLASSES



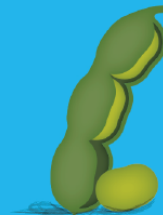
BROCCOL_



CH_CKPEAS



C_NNAMON



EDAMAME



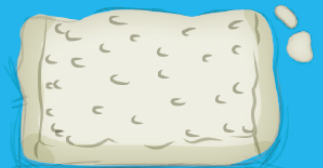
FENNEL



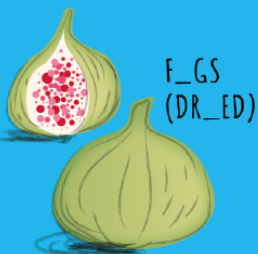
ROCKET



ORANGES



CALC_UM-SET
TOFU & TEMPEH



F_GS
(DR_ED)



KALE



K_DNEY BEANS



SWEDE



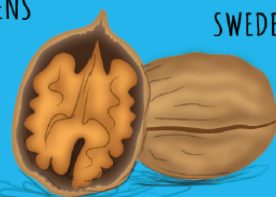
SESAME SEEDS
(EG _N TAH_N_ AND
HUMMUS)



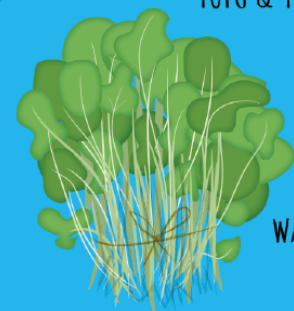
SOYA
M_LK



SPR_NG GREENS



WALNUTS



WATERCRESS