

SPACE TO BREATHE

FOOD TO SUPPORT BONE HEALTH

FORTIFIED

FORTIFIED SOYA DRINK

Why it can be useful

- Calcium added
- Often vitamin D fortified
- Dairy-free option

Simple ways to use it

1 Pour on cereal

2 Blend into a smoothie

3 Use in sauces

REMEMBER

This food can support a balanced diet, but it does not treat or cure a condition. Check allergies, intolerances and individual dietary advice.