



Salmon with Bones

Did you know you can get calcium from salmon? Canned salmon that still has the bones in it can be a source of calcium. Just one serve of red salmon can give you as much as 20% of your daily intake of calcium! Calcium is an essential nutrient for strong bones and needs increase during the teenage years through to young adulthood.

Not all canned salmon still has the bones in it so look for the word 'calcium' on the back of pack to be sure. It might seem strange to eat fish bones, but the canning makes them really soft. If you don't like the texture of the bones, try mashing them with a fork and mix in with the salmon and you won't even notice you're eating them.

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