

## Calcium Content of Foods

This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.

Calcium is needed to help build and maintain healthy bones and teeth. Please see below for foods that can contribute to your calcium intake and the amount of calcium that they contain.

|                                 | Food  | Calcium content |
|---------------------------------|---|-----------------|
| <b>Dairy Sources</b>            | Glass of skimmed milk (280ml, ½ pint)               | 355 mg          |
|                                 | Glass of semi-skimmed milk (280ml, ½ pint)          | 345 mg          |
|                                 | Glass of whole milk (280ml, ½ pint)                 | 340 mg          |
|                                 | Pot of yogurt (150g)                                | 225 mg          |
|                                 | Cheddar cheese (30g)                                | 220 mg          |
|                                 | 2 tablespoons grated hard cheese (20g)              | 150 mg          |
|                                 | Cheese snack (such as cheese string, mini babybel)  | 130 mg          |
|                                 | Semi-skimmed milk on cereal (100ml)                 | 125 mg          |
|                                 | 1 large cheese spread triangle (23g)                | 120 mg          |
|                                 | 1 pot fromage frais (100g)                          | 85 mg           |
|                                 | 1 scoop ice cream (60g)                             | 75 mg           |
| <b>Dairy Free Alternatives</b>  | Glass of calcium enriched soya milk (280ml, ½ pint) | 370 mg          |
|                                 | Lactofree milk (280ml, ½ pint)                      | 342 mg          |
|                                 | Glass of calcium enriched rice milk (280ml, ½ pint) | 335 mg          |
|                                 | Glass of calcium enriched oat milk (280ml, ½ pint)  | 335 mg          |
|                                 | Pot of soya yogurt                                  | 150 mg          |
|                                 | Soya custard (120g)                                 | 145 mg          |
|                                 | Pot of soya dessert                                 | 135 mg          |
| 1 scoop of soya ice cream       | 6 mg  |                 |
| <b>Non-Dairy Sources</b>        | Fruit juice with added calcium (250ml)              | 300 mg          |
|                                 | 2 tinned pilchards                                  | 275 mg          |
|                                 | 2 tinned sardines with bones                        | 260 mg          |
|                                 | Fortified cereal bars (per bar)                     | 180 mg          |
|                                 | Danone water (500ml)                                | 150 mg          |
|                                 | 4 white bait (16g)                                  | 140 mg          |
|                                 | 1 tablespoon of tahini (sesame seed paste)          | 130 mg          |
|                                 | 2 large slices bread (white or brown)               | 130 mg          |
|                                 | Shelled prawns (60g or 20 prawns)                   | 100 mg          |
|                                 | Small can baked beans (150g)                        | 80 mg           |
|                                 | 2 large slices wholemeal bread                      | 75 mg           |
|                                 | 1 large orange (210g)                               | 70 mg           |
|                                 | 2 tablespoons cooked spring greens                  | 70 mg           |
|                                 | 3 tablespoons of Swiss style muesli (50g)           | 65 mg           |
|                                 | 1 original Rusk                                     | 60 mg           |
|                                 | 7 dried apricots (56g)                              | 40 mg           |
|                                 | 2 spears of broccoli (90g)                          | 30 mg           |
|                                 | 1 egg (57g)   | 30 mg           |
|                                 | 1/6 of a small cabbage, boiled                      | 30 mg           |
|                                 | Bag of peanuts (50g)                                | 30 mg           |
| 3 tablespoons of boiled lentils | 25 mg   |                 |
| 1 tablespoon of kidney beans    | 25 mg   |                 |
| 1 tablespoon of hummus          | 12 mg   |                 |



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## Daily Requirements

The amount of calcium you need varies at different stages of life.

|               |                     |          |
|---------------|---------------------|----------|
| Infants       | under 1 year        | = 525mg  |
| Children      | 1 – 3 years         | = 350mg  |
|               | 4 – 6 years         | = 450mg  |
|               | 7 – 10 years        | = 550mg  |
| Adolescents   | 11 – 18 years girls | = 800mg  |
|               | 11 – 18 years boys  | = 1000mg |
| Adults        | 19 years and over   | = 700mg  |
| Breastfeeding |                     | = 1250mg |

