

How much calcium per day?

		mg calcium
Infants	0-6 months	210 mg*
	7-12 months	270 mg*
Children	1-3 years	500 mg
	4-8 years	700 mg
	9-11 years	1,000 mg
Adolescents	12-18 years	1,300 mg
Men	19-70 years	1,000 mg
	>70 years	1,300 mg
Women	19-50 years	1,000 mg
	From menopause	1,300 mg
Pregnancy	14-18 years	1,300 mg
	19-50 years	1,000 mg
Lactating	14-18 years	1,300 mg
	19-50 years	1,000 mg

The above values represent the Recommended Dietary Intake (RDI) values for Australians. Sourced from the Nutrient Reference Values for Australia & New Zealand (2006).

*Adequate Intake (AI) was used for infants, as an RDI was not available for this age group.

Acknowledgements

Produced by the Department of Health, Western Australia, amended with permission by Womens Health & Family Services.

The Aboriginal Healthy Women Program is a partnership project of Womens Health & Family Services, and the Department of Health, Western Australia.

Example of calcium for a day

BREAKFAST mg calcium

1 cup of reduced fat milk or fortified soy milk served with
1/4 cup natural muesli, topped with 1 banana, sliced..... 310

MORNING TEA

200g tub of plain yoghurt..... 437
1 kiwifruit..... 22

LUNCH

100g canned salmon with bones, avocado and salad
in a wholemeal pita bread wrap. Water to drink..... 277

AFTERNOON TEA

3 wholegrain crispbreads topped with tomato slices
and 40g reduced-fat cheddar cheese 396

DINNER

100g cooked chicken, stir-fried with 1 cup of broccoli.
1/2 cup cooked brown rice. 1 cup malt-based
beverage made with water and reduced fat milk..... 346

Minimum total calcium intake approx 1788 mg
Total energy intake approx 7312 kJ

womens health and family services

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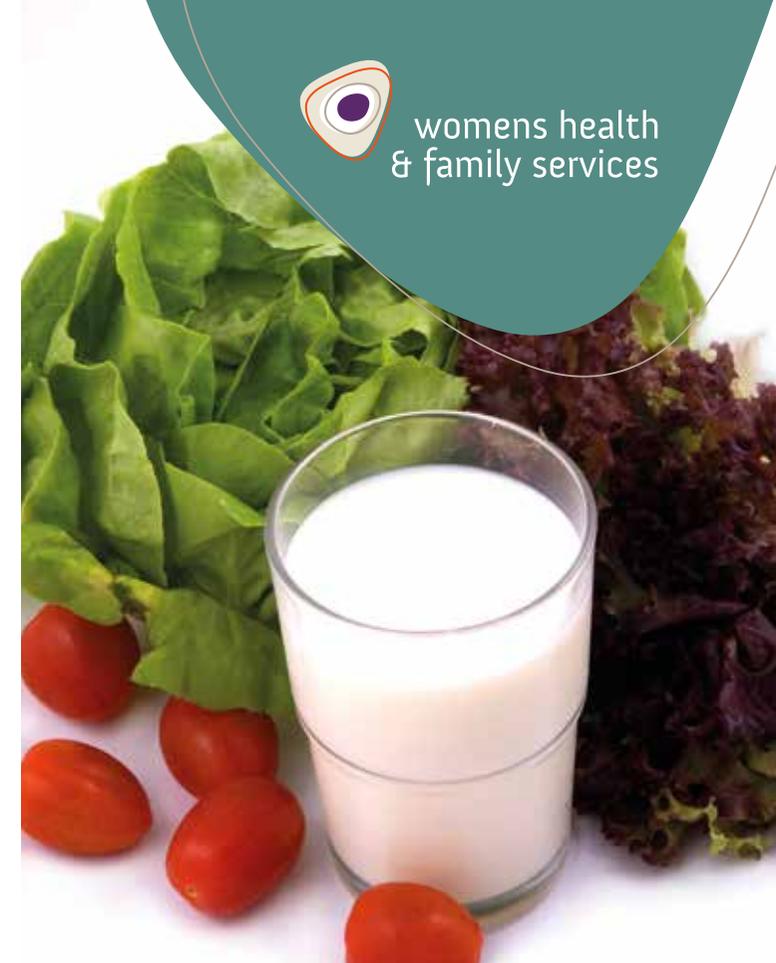
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creative fruition 11530 - Calcium - October 2014



High Calcium Foods

-  medical & health
-  alcohol & other drugs
-  family & domestic violence
-  mental health
-  community development
-  aboriginal family support
-  rural in reach program
-  body esteem program

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Best sources of calcium (mg)



Calcium-enriched milk
1 cup (250 ml) = 403mg



Hi-Lo milk
1 cup (250 ml) = 313mg



Skim milk powder
¼ cup = 312mg



Skim milk
1 cup (250 ml) = 353mg



Whole milk (full-cream)
1 cup (250 ml) = 300mg



Plain yoghurt
200g tub = 437mg



Soy beverage, calcium enriched
250mL = 312mg



Custard, reduced-fat
250mL = 338mg



Tofu, firm
100g = 320mg



Cheese, cheddar, reduced-fat
40g (2 slices) = 380mg



Cheese, parmesan, grated
3 Tbsp = 229mg

- Calcium is required for the normal development of bones and teeth. It also ensures proper functioning of our nerves and heart. Calcium is stored in our teeth and bones which gives them structure and strength.
- Low intakes of calcium are linked with an increased risk of osteoporosis, a condition where the bones are weak and brittle, making them easier to break.
- People of all ages need calcium, and it is important to consume enough calcium throughout life. Growing children, teenagers and post-menopausal women need more calcium than others do.
- Milk and milk products are the best food sources of calcium, as the calcium is easily absorbed. Three serves of dairy per day will help most people achieve their daily calcium requirements. Some non-dairy foods such as fortified soy milk and sardines with bones are good sources of calcium that can also contribute to overall intake. Cooking vegetable sources of calcium (e.g. bok choy, broccoli) can help to increase the absorption of calcium from these foods.
- Choosing reduced-fat dairy products is recommended as they are lower in saturated fat and will usually contain more calcium than full-cream dairy. Reduced-fat dairy products are not suitable for children 2 years and under, unless on medical advice.
- Avoid soft cheeses (brie, camembert, ricotta, fetta and blue) during pregnancy due to the risk of listeria, a bacterial infection that may result in miscarriage or still-birth

* *Fortified foods are foods which have vitamins or minerals added to them, that they did not originally contain.*

*Average calcium content of foods sourced from:
FoodWorks 2009 and NUTTAB 2010.*

Other sources of calcium (mg)



Sardines, canned in water with bones
100g = 540mg



Pink Salmon, canned in water with bones, 100g = 310mg



Prawns, cooked
10 large = 212mg



Raw nuts: Almonds, 20 = 60mg;
Brazil, 10 = 52mg



Sesame seeds
1 tablespoon = 100mg



Legumes (e.g. chickpeas, 4-bean mix), cooked, ½ cup = 43-65mg



Figs, dried
3 = 114mg



Bok Choy, cooked
1 cup = 197mg



Broccoli, cooked
1 cup = 64mg



Dark green leafy veg (e.g. spinach/silverbeet), cooked, 1 cup = 138mg



Calcium-fortified orange juice,
250mL = 262mg



Malt based drink, dry beverage base
20g = 160mg