

Best sources of calcium (mg)



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



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



Skim milk
1 cup (250 ml) = 353mg



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



Skim milk powder
¼ cup = 312mg



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



Plain yoghurt
200g tub = 437mg

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 amounts of calcium are linked with an increased risk of osteoporosis. This is a condition where the bones are weak and brittle, making them easier to break.
- People of all ages need calcium. It is important to consume enough calcium throughout life. Growing children, teenagers and post-menopausal women need more calcium than other people.
- 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 get their daily calcium requirement. Some non-dairy foods such as fortified soy milk and sardines with bones are good sources of calcium. Cooking vegetables that have calcium (e.g. bok choy, broccoli) can help increase the absorption of calcium from these foods.

- Low-fat dairy products are lower in saturated fat. They also have more calcium than full-cream dairy products. Low-fat dairy products are not suitable for children 2 years and under, except on medical advice.
- Avoid soft cheeses (brie, camembert, ricotta, feta and blue) during pregnancy. These cheeses have a high risk of listeria. This is a bacterial infection that may result in miscarriage or still-birth.

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

*Fortified foods are foods which have vitamins or mineral added to them.

How much calcium per day?

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
	>70years	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 and New Zealand (2006). *Adequate Intake (AI) was used for infants, as an RDI was not available for this age group.

Example of calcium for a day

Breakfast	1 cup of reduced fat milk or fortified soy milk served with ¼ cup natural muesli, topped with 1 banana, sliced	310 mg
Morning Tea	200g tub of plain yogurt 1 kiwifruit	437 mg 22 mg
Lunch	100g canned salmon with bones, avocado and salad in a wholemeal pita bread wrap. Water to drink	277 mg
Afternoon Tea	3 wholegrain crispbreads topped with tomato slices and 40g reduced-fat cheddar cheese	396 mg
Dinner	100g cooked chicken, stir fried with 1 cup of broccoli. ½ cup cooked brown rice. 1 cup malt-based beverage made with water and reduced fat milk	346 mg

Minimum total calcium intake approx. 1788 mg
Total energy intake approx. 7312 kj

Originally produced by the Department of Health, Western Australia, amended with permission by Womens Health & Family Services.
Average calcium content of foods sourced from: Foodworks 2009 and NUTTAB 2010.

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CERTIFICATION
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Womens Health & Family Services (WHFS) is a not-for-profit service for women and their families in Western Australia.

High calcium foods



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