

CALCIUM COUNTER

Food	Quantity	Calcium (mg)
Milk		
Regular	1 cup (250 ml)	285
UHT regular	1 cup	290
Low fat, enriched	1 cup	375-440
Skim	1 cup	375-440
Regular, powdered	2 Tblsp (20g)	203
Skim, powdered	2 Tblsp	290
Buttermilk	1 cup	360
Evaporated	1 cup	665
Goat milk	1 cup	290
PhysiCAL skim	1 cup	342
Cheese Per 35g		
Parmesan		385
Cotto, low fat		335
Swiss		300
Edam		300
Mozzarella		285
Cheddar		270
Provolone		265
Pecorino		260
Processed cheddar		220
Cheshire		215
Blue vein		190
Havarti		175
Camembert		170
Brie		165
Feta		125
Ricotta		80
Cottage		25
Soy cheese		140
Yoghurt Per 200g tub		
Natural		
- regular		340
- low fat		420
- acidophilus		430
Flavoured (vanilla natural)		340

Food	Quantity	Calcium (mg)
Fruit		340
Fruit low fat		360
Icecream Per 50g (1 scoop)		
Vanilla /flavoured		70-80
Low Fat		70-80
Dairy Dessert Per 200g		
Fromage frais		150
Fromage frais, low fat		200
Custard		210
Soy Products		
Tofu	100g	336
Miso	125ml	8
Soy cheese	30g	135
Soy beans (canned)	100g	76
Soy beans (dry, cooked)	100g	76
Soy beverage, (fortified, chocolate)	200ml	224
Soy beverage, (low fat, fortified)	200ml	228
Soy beverage, (low fat, unfortified, unflavoured)	200ml	25
Spreads and Dips 1 Tblsp (20g)		
Sesame paste		148
Tahini		65
Tzatziki		30
Hoummus		5
Nuts Per 100g		
Almonds		240
Brazil		150
Walnuts		90
Hazelnuts		90
Pistachio		90
Peanuts		50
Seeds Per 10g		
Sesame		7
Sunflower		10
Sesame bar	37g	112

Food	Quantity	Calcium (mg)
Fruits		
Orange	1 medium	50
Strawberries	1 cup	30
Cantaloupe	1 half	30
Dried apricots	6 whole	30
Dried fig	1	25
Prunes	6 large	30
Vegetables Per 100g		
Silverbeet		70
Cabbage (Chinese flowering)		60
Spinach (Chinese)		93
Bok choy		52
Kale (Chinese)		179
Mustard leaves(Chinese)		138
Lebanese cucumber		60
English spinach		50
Endive		45
Carrot		35
Celery		35
Green beans		30
Broccoli		30
Brussel sprouts		30
Chinese radish	60g	23
Chinese chestnut	30g	8.1
Chinese mushroom	10g	
Seaweed, dried	2 strips, 30g	11.1
Breakfast Cereals 30g (does not include milk)		
Average (most types)		5-30
Calcium fortified		200
Special K		200
Soy Beverages		
So good		300
Good life		312
Sungold soy drink		300
Gelatine	100g	250

Food	Quantity	Calcium (mg)
Breads and Cereals		
Bread (wholemeal & white)	1 slice	15
Bread (fruit)	15g	14.4
Bread (mixed grain)	15g	112.1
Muesli (Swiss)	60g	60
Muesli (toasted)	60g	30
Rice	1 cup	10
Pasta (wholemeal)	1 cup	30
Pasta (white)	1 cup	10
Legumes Per 100g		
Soy beans		60
Haricot beans		60
Chick peas		45
Baked beans		40
Fish		
Sardines, canned		300
Salmon, canned		200-300
Prawns		100-135

How much calcium is required each day?

- Children 5 to 9 years should aim for 2 to 3 serves of calcium-rich foods each day to reach a total intake of 800 -1000 mg/day.
- Children and Adolescents aged 9 to 18 years should aim for at least 3 serves of calcium-rich foods a day to reach a total intake of 1000 -1300mg/day.
- Adults up to the age of 51 years should aim to consume at least 2 serves of calcium-rich foods a day to reach a total intake of 1000 mg/day.
- Postmenopausal women should aim for at least 3 serves of calcium-rich foods to reach a total daily intake of 1000 - 1300 mg/day.
- For adults over 70 years 1300 mg of calcium a day is recommended.

