

Foods Rich in Calcium * Recommended daily intake of calcium is 1200 mg.

FOOD	QUANTITY	CALCIUM (mg)
Milk	1 cup (250ml)	
Regular		285
UHT Regular		290
Low fat, enriched		375-440
Skim		375-440
Regular, powdered	2 tbsp (20g)	203
Skim, powdered	2 tbsp	290
Buttermilk	1 cup	360
Evaporated	1 cup	665
Goat milk	1 cup	290
PhysiCAL skim	15g	342
Cheese	Per 35g	
Parmesan		385
Cotto, low fat		335
Swiss		300
Mozzarella		285
Cheddar		270
Provolone		265
Pecorino		260
Samsoe		240
Processed cheddar		220
Cheshire		215
Blue Vein		190
Havarti		175
Camembert		170
Brie		165
Soy Cheese		140
Feta		125
Ricotta		80
Quark		30
Cottage		25
Yoghurt	Per 200g (1 tub)	
Natural		
- regular		340
- low fat		420
- acidophilus		430
Flavoured		
Vanilla natural		340
Fruit		340
Fruit, low fat		360

FOOD	QUANTITY	CALCIUM (mg)
Ice Cream	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	53
Soy beans (dry, cooked)	100g	76
Soy beverage		
(fortified, chocolate)	200ml	24
(low fat, fortified)	200ml	228
(low fat, unfortified)	200ml	25
Spreads & Dips	1 tbsp (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 (1 tbsp)	
Sesame		7
Sunflower		10
Sesame bar	37g	112
Fruits	Average service	20
Orange	1 medium	50
Strawberries	1 cup	30
Rockmelon	1 half	30
Dried apricots	6 whole	30
Dried fig	1	25
Prunes	6 large	30

		(mg)
Vegetables	Per 100 g	
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	30	8.1
Chinese mushroom	10g	1.1
Pear, yellow, Chinese	120g	14.4
Seaweed (dried, 2 strips)	30g	11.1
Fish balls (Asian)	1 ball (12g)	7
Shrimp paste	1 tsp (5g)	91
Fish in black bean sauce	190g	44
Milo	2 tsp (10g)	42
Chocolate (milk)	5 squares (30g)	75
Breakfast Cereals (milk not included)	30g	
Average (most types)		5-30
Calcium fortified		200
Special K		200
Soy Beverages	1 cup	
So Good		300
Good Life		312
Sungold Soy Drink		300

		(mg)
Breads & Cereals		
Bread (wholemeal & white)	1 slice	15
Bread (fruit)	15g	14.4
Bread (mixed grain)	15g	112.1
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	Per 100g	
Sardines, canned		300
Salmon, canned		200-300
Prawns		100-135

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