

## **Calcium gives your bones the strength and hardness they need to cope with your everyday activities.**

Your body contains about one kilogram of calcium - 99% of this is in your bones. Most people can get enough calcium through healthy eating alone.

Use the tables below to find foods rich in calcium. Be sure to choose a wide variety of foods, to help your bones get all the other **nutrients they need**.

To see whether you're getting enough calcium from what you eat and drink, you can use this **[online calculator](#)**, from the University of Edinburgh.

### **Foods providing around 300mg of calcium per average portion**

- Edam or gouda - 1 portion (40g)
- Paneer cheese - 1 serving (60g)
- Parmesan cheese - 1 serving (30g)
- Cheese omelette - 1 serving (120g)
- Quiche cheese and egg - 1 serving (140g)
- Macaroni cheese - 1 serving (220g)

### **Foods providing around 200mg of calcium per average portion**

- Milk or milk drink e.g. hot chocolate (skimmed/semi-skimmed/whole) - 1 tumbler or mug (200ml)
- Calcium fortified soya milk - 1 tumbler or mug (200ml)
- Cheddar cheese & low fat hard cheese - Small matchbox size (30g)
- Yoghurt (low fat fruit, plain & calcium boosted soya) - 1 pot (125g)
- Porridge (made with semi-skimmed milk) - 1 bowl (160g - weight with milk)
- Halloumi - 1/2 serving (35g)
- Cauliflower cheese - 1 serving (200g)
- 12" pizza (cheese & tomato, vegetarian or meat topping) - 1/4 of a pizza
- Steamed or fried tofu - 1 serving (120g)
- Canned sardines - 1 serving for a sandwich (50g)
- Rice pudding - 1 serving (200g)

## **Foods providing around 100mg of calcium per average portion**

- Cottage cheese - 2 tbsp (80g)
- Camembert - 1 portion (1/6 round, 40g)
- White pitta bread - 1 small (75g)
- Plain naan bread - 1/3 (43g)
- Baked beans - 1 small tin (200g)
- Cornish pasty - 1 medium size (155g)
- Sausages (pork or vegetarian) - 2 (40g)
- Tahini (sesame paste) - 1 heaped tsp (19g)
- Sesame seeds - 1 tbsp (12g)
- Tinned pink salmon - 1 small tin (105g)
- Grilled herring - 1 (119g)
- Ready made custard - 1 serving (120g)
- Dried figs - 2 (40g)

## **Foods providing around 50mg of calcium per average portion**

- Plain yoghurt - 1 tablespoon (40g)
- Fortified fromage frais - 1 'mini' pot (47g)
- Muesli swiss style - 1 serving (50g)
- White bread - 1 medium slice (36g)
- Wholemeal bread - 1 thick slice (44g)
- Green or french beans - 1 serving (90g)
- Green cabbage - 1 serving (95g)
- Raw, white cabbage - 1 serving (90g)
- Steamed broccoli - 1 large portion (110g)
- Watercress - 1 small bag (40g)
- Fried onion - 1 medium sized (150g)
- Tinned tomatoes - 1 tin (400g)
- Red kidney beans - 2 tbsp (70g)
- Vegetable casserole - 1 serving (260g)
- Veggie burger - 1 (56g)
- Vegetable samosa - 1 (75g)
- Boiled dry pasta - 1 portion (230g cooked weight)
- Boiled basmati rice - 2 portions (1 portion = 5 heaped tbsp)
- Dairy or non-dairy ice cream - 1 scoop (60g)
- Dried apricots 8 (64g)
- Orange - 1 large orange (50g)
- Easy peel citrus e.g. tangerines/satsumas - 3 medium easy peelers (210g)
- Almonds 10 - whole nuts (22g)
- Brazil nuts - 9 whole nuts (30g)

**Vitamin D helps your body absorb and use calcium, which gives bones their strength and hardness.**