

Calcium-rich food chooser

Use our calcium-rich food chooser to help you get the amount of calcium you need for your bones.

Calcium is measured in milligrams (mg). Most adults need **700mg** of calcium a day, including if you're pregnant. You can usually get all the calcium you need for your bones from your food.

Our food chooser gives you the approximate amount of calcium in an average portion. This is to help you work out how much calcium is in different types of food and drink. These are just examples of food and drinks containing calcium. Check the food packaging to find out how much calcium is in your favourite foods.

A portion is the amount of food you eat and drink at one time. Portion sizes change depending on the food. You may eat more or less than the average portion depending on your appetite. This means the amount of calcium you get from a portion may change depending on how much you eat or drink.

Your bones will get the calcium they need if you generally reach the recommended amount from your food on most days.

For example, you would get around 700mg of calcium if as part of a balanced diet, you ate:

- two slices of white or brown bread
- one small matchbox size piece of cheese
- three tablespoons of green beans
- one orange
- a handful of almonds
- one tablespoon of raisins
- one glass of calcium-fortified soya milk.

Try to choose a wide variety of foods from the different food groups so your bones can get all the **nutrients they need**.

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Dairy and dairy-free alternatives

Food	Portion size	Approximate amount of calcium (mg)
Milk – skimmed, semi-skimmed or whole	One glass (200ml)	200
Fortified dairy-free milk drinks – soya, almond, hazelnut, coconut or oat	One glass (200ml)	200
Lactose-free milk	One glass (200ml)	200
Cheddar cheese	One small matchbox size piece (35g)	200
Lactose-free cheese	One small matchbox size piece (35g)	200
Paneer cheese	One small matchbox size piece (35g)	200
Yoghurt	Three tablespoons (125g)	200
Fortified soya yoghurt	Three tablespoons (125g)	200
Lassi	One glass (200ml)	200
Fortified soya custard	Three tablespoons (125g)	200
Custard (ready-made)	Three tablespoons (125g)	100
Cottage cheese	Two tablespoons (75g)	100
Parmesan cheese	One tablespoon (10g)	100

Fruit and vegetables

Food	Portion size	Approximate amount of calcium (mg)
Kale (boiled)	Four heaped tablespoons (80g)	200
Watercress	One bag (60g)	100
Okra (boiled)	Nine okra (80g)	100
Pak choi	One pak choi (125g)	100
Dried figs	Two figs (30g)	100
Green beans (boiled)	Three tablespoons (100g)	50
Green cabbage (boiled)	Three tablespoons (80g)	50
Broccoli (boiled)	Three tablespoons (80g)	25
Dried apricots	One tablespoon (30g)	25
Raisins	One tablespoon (30g)	25
Orange or easy-peel citrus – tangerines, satsumas	One orange or two easy-peel citrus (80g)	25

Carbohydrates

Food	Portion size	Approximate amount of calcium (mg)
Porridge (made with milk)	One bowl (160g)	200
White bread	Two medium slices (90g)	100
Wholemeal bread	Two medium slices (90g)	100
White pitta bread	One pitta bread (80g)	100
Chapatti	One chapatti (85g)	50
Muesli – Swiss style	Three tablespoons (45g)	50
Pasta (cooked)	Two handfuls (dried) (75g)	50
Basmati rice (cooked)	Five tablespoons (dried) (65g)	25

Protein

Food	Portion size	Approximate amount of calcium (mg)
Sardines (tinned)	Half a tin (60g)	200
Tofu (calcium-set)	One palm size piece (100g)	200
Sesame seeds	One tablespoon (25g)	200
Tahini	One heaped teaspoon (15g)	100
Salmon (tinned)	One small tin (100g)	100
Scampi in breadcrumbs	Six pieces (110g)	100
Chickpeas	Four tablespoons (150g)	100
Almonds	One handful (30g)	100
Baked beans	Four tablespoons (150g)	50
Red kidney beans	Four tablespoons (150g)	50
Mackerel	One fillet (90g)	25

Calcium-rich meal and snack ideas

- Start your day with a bowl of porridge made with milk or a fortified dairy-free alternative.
- Make a cheese omelette.
- Have sardines or baked beans on toast for a quick meal.
- Make a stir-fry with calcium-set tofu and plenty of vegetables, like broccoli, pak choi and green beans. You could also sprinkle a tablespoon of sesame seeds on top.
- Sprinkle grated cheddar or parmesan on top of your pasta dishes.
- Serve yoghurt and fruit for pudding.
- Add falafel and salad to a white pitta bread.
- Use tahini as a spread in a sandwich.
- Cook a paneer curry with a vegetable samosa served on the side.
- Drink a yoghurt drink like lassi or chaas to stay cool on a hot day.
- Drink a mug of hot chocolate with milk or a fortified dairy-free alternative in the evening.

*"I have changed my diet. It was healthy before but now I have more calcium-rich foods such as almonds, broccoli, sardines and salmon."
Angela, 65*

The University of Edinburgh has developed a [calcium calculator](#) to help you work out how much calcium you get from different types of food. You can use this calculator as a guide. It provides examples but does not contain a complete list of every calcium-rich food.

More support and information

About our health information

Our health information is written by the health information team and is reviewed by healthcare professionals and people living with osteoporosis. We make every reasonable effort to ensure the content is accurate and up-to-date.

Our information is not intended to replace the medical advice provided by your own doctor or other healthcare professional. Please always talk to a healthcare professional to discuss your bone health. ROS is not responsible for and has no liability for misinterpretation, misuse of information, loss or damage arising from any reliance on or use of the information provided. For more information about osteoporosis visit [**theros.org.uk/info**](https://theros.org.uk/info) or call **01761 471771** to order printed information.

Support for you

The Bone Health and Osteoporosis UK online community is a welcoming and safe space for you to share your experiences with others. Whether you're living with osteoporosis or supporting someone, our community is here for you. Visit [**theros.org.uk/online-community**](https://theros.org.uk/online-community)

We have a network of support groups and teams across the UK, which are run by volunteers. Our groups provide support by organising regular meetings – both face-to-face and online. Regardless of where you live, you can join an online meeting from anywhere in the UK. Find your local support group and view the online programme at [**theros.org.uk/support-groups**](https://theros.org.uk/support-groups) or email [**volunteerengagement@theros.org.uk**](mailto:volunteerengagement@theros.org.uk) or call **01761 473113**

Our specialist Helpline nurses are here to answer your questions or concerns about bone health or living with osteoporosis. You can call, for free, on **0808 800 0035** or email [**nurses@theros.org.uk**](mailto:nurses@theros.org.uk)

Become a member of the ROS and gain access to guidance and support from bone health experts and all the latest information on osteoporosis. Join today at [**theros.org.uk/membership**](https://theros.org.uk/membership) or call **01761 473287**



Better bone health for everybody

About the Royal Osteoporosis Society

We're the Royal Osteoporosis Society – the UK's largest national charity dedicated to improving bone health and beating osteoporosis. And we're here for everyone. We equip people with practical information and support to take action on their bone health.

Working with healthcare professionals and policy-makers, we're influencing and shaping policy and practice at every level. We're driving the research and development of new treatments, to beat osteoporosis together.

How you can help

As an independent charity, we don't receive any government funding. So we can only continue to provide our services through the generosity of our supporters.

We would appreciate any donation you're able to give to support our work. If you'd like to donate, visit [**theros.org.uk/donate**](https://theros.org.uk/donate) or call **01761 473287**

Your donation will help us support more people with osteoporosis.

To find out about volunteering, visit [**theros.org.uk/volunteer**](https://theros.org.uk/volunteer) or call **01761 473113**

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