



## Calcium-rich food chooser

### Calcium

Calcium gives our bones strength. Most adults need **700mg** of calcium a day, including if you're pregnant. If you're taking an osteoporosis drug treatment, your doctor may advise you to increase your intake to around 1,000mg of calcium a day. Use our calcium-rich food chooser to help you get the amount of calcium you need for your bones.

### Calcium-rich food chooser - calcium-rich foods to form part of a balanced, healthy diet

Foods providing around 300 mg of calcium per average portion	
Edam / Gouda	1 portion (40g)
Cheese omelette	1 portion (120g)
Quiche (cheese and egg)	1 portion (140g)
Macaroni cheese	1 portion (220g)
Foods providing around 200 mg of calcium per average portion	
Milk or milk drink e.g. hot chocolate (skimmed / semi-skimmed / whole)	1 tumbler or mug (200ml)
Soya milk (calcium boosted)	1 tumbler or mug (200ml)
Cheddar cheese & low-fat hard cheese	Small matchbox size (30g)
Yogurt (low-fat fruit, plain & calcium-boosted soya)	1 pot (125g)
Porridge (made with semi-skimmed milk)	1 bowl (160g - weight with milk)
Halloumi	2 thin slices (35g)
Cauliflower cheese	1 portion (200g)
Lasagne (meal for one, vegetable or meat)	1 portion (290g)
Pizza 12" (cheese & tomato, vegetarian or meat)	¼ of the whole
Tofu (steamed or fried)	1 portion (120g)
Sardines (canned)	1 portion (50g)
Rice pudding	1 portion (200g)
Foods providing around 100 mg of calcium per average portion	
Cottage cheese	2 tbsp (80g)
Camembert	1 portion (40g = 1/6 of whole)
White pitta bread	1 small (75g)
Plain naan bread	½ (43g)
Baked beans	1 small tin (200g)
Cornish pasty	1 medium size (155g)
Sausages (pork or vegetarian)	2 large sausages (80g)
Tahini (sesame paste)	1 heaped tsp (19g)
Sesame seeds	1 tbsp (12g)
Tinned pink salmon	1 small tin (105g)
Grilled herring	1 (119g)
Custard (ready made)	1 portion (120g)
Dried figs	2 (40g)
Paneer cheese	1 portion (30g)
Parmesan cheese	1 portion (15g)

Foods providing around 50 mg of calcium per average portion	
Plain yogurt	1 tbsp (40g)
Fortified fromage frais	1 'mini' pot (47g)
Muesli Swiss style	1 portion (50g)
Bread (white)	1 medium slice (35g)
Bread (wholemeal)	1 thick slice (44g)
Green or French beans	1 portion (90g)
Green cabbage	1 portion (95g)
White cabbage (raw)	1 portion (90g)
Broccoli (steamed)	1 large portion (110g)
Watercress	1 small bag (40g)
Almonds	10 whole nuts (22g)
Brazil nuts	9 whole nuts (30g)
Red kidney beans	2 tbsp (70g)
Vegetable casserole	1 portion (260g)
Veggie burger	1 (56g)
Vegetable samosa	1 (75g)
Pasta (dried, boiled)	1 portion (230g cooked weight)
Rice (basmati, boiled)	10 heaped tbsp
Dairy or non-dairy ice cream	1 scoop (50g)
Dried apricots	8 (64g)
Orange / easy-peel citrus (e.g. tangerines, satsumas)	1 large orange / 3 medium easy-peelers (210g)