

## Department of Nutrition and Dietetics

### Good sources of dietary calcium

Calcium is a mineral needed for strong bones and healthy teeth. Calcium requirements are at their greatest during adolescence, pregnancy and while breastfeeding.

Daily Calcium Requirements	Amount of calcium recommended per day
0-12 months	525mg
1-3 years	350mg
4-6 years	450mg
7-10 years	550mg
11-18 years female	800mg
11-18 years male	1000mg
19 + years	700mg
Lactation	550mg+

The best source of calcium in the UK diet is dairy produce and fortified plant based products. Calcium is also found in smaller quantities in a variety of other foods, for example green leafy vegetables and pulses. Individuals on a cow's milk or lactose free diet, or those with coeliac disease are at higher risk of calcium deficiency.

The following tables list good sources of dietary calcium (dairy and non-dairy) and the amount of calcium a typical portion contains. Please note this information is correct at time of publication but sometimes ingredients and nutrition change. Food labels can contain more information.

#### Dairy sources of calcium

Food type	Portion size	Average amount per portion (mg)
<b>Milk</b>		
Whole/Semi-skimmed/Skimmed	200ml glass	250
Dried, skimmed milk powder	1 tsp	60
Evaporated/Condensed milk	50g	135
<b>Cream</b>		
Single	1 tbsp=15g	15
Double	1 tbsp=15g	10
<b>Yoghurt</b>		
Whole milk/low fat		
- Plain	1 pot=150g	240
- Fruit	1 pot=150g	210
Fat free	1 pot=150g	210
Greek	1 pot=150g	270
Drinking Yoghurt	1 carton=200ml	200
Fromage Frais	1 small pot=45g	50
Calcium Enriched Fromage Frais	1 pot=85g	125

<b>Cheese</b>		
Cheddar	30g	220
Edam	30g	240
Brie	30g	80
Camembert	30g	100
Stilton	30g	90
Parmesan	30g	220
Cottage Cheese	100g	140
Cheese triangle	1 triangle=15g	60
Cheesestring	1 cheesestring=20g	156
<b>Desserts</b>		
Ice Cream	1 scoop=60g	80
Custard	1 serving=120ml	120
Creme Caramel	1 pot =100g	95
Rice pudding	1 pot=180g	170
Mousse	1 pot=60g	65

**Note:** Lactose free products contain the same amount of calcium as the standard versions.

### Non-dairy sources of calcium

Please note that brands are subject to change without notice. Please check all labels to ensure the brand you are buying is fortified with calcium.

Food type	Portion Size	Average amount per portion (mg)
<b>Milk substitute products Fortified with calcium -</b>	200ml glass	240
<b>Soya milk</b> e.g. Alpro Soya Growing up Drink for 1-3+ years, Provamel Soya calcium + vitamins, Alpro Soya Original		
<b>Coconut milk</b> e.g. Alpro Coconut Original, KoKo dairy free, Coconut Dream + calcium		
<b>Oat milk</b> e.g. Oatly oat drink enriched, Oat Dream + calcium, Alpro Oat Original, Oatly Foam-able Barista Oat Drink		
<b>Almond milk</b> e.g. Ecomil almond calcium drink, Alpro Almond, Almond Dream + calcium, Almond Breeze, Alpro Almond Original		
<b>Hazelnut milk</b> e.g. Alpro Hazlenut Original		
<b>Cashew milk</b> e.g. Alpro Cashew Original		
<b>Rice milk</b> <b>Only suitable for children over four and</b>		

<p><b>half years</b> e.g. Rice dream original + calcium, Provamel Rice calcium + vitamins, Alpro Rice original</p> <p><b>Note:</b> please always check the label of the chosen milk substitute to ensure it has been fortified with calcium.</p>		
<p><b>Desserts</b> Soya dessert (calcium enriched) e.g. Alpro Soya yoghurt e.g. Alpro</p>	125g 125g	150 150
<p><b>Cheese</b> Soya or coconut alternatives e.g. Violife, Koko, Supermarkets Own Brand dairy free cheese</p>	30g	45
<p><b>Seafood</b> Tinned pilchards (with bones) Tinned sardines (with bones) Tinned salmon (with bones) Tinned crab Fish paste Whitebait (rolled in flour and fried) Prawns (boiled) Mussels (boiled)</p>	<p>½ tin=60g ½ tin=60g ½ tin=60g 1 tin=100g 1 tbsp = 15g small portion=50g 4 fish=16g 60g</p>	<p>260 150 260 90 40 430 140 30</p>
<p><b>Meat alternatives</b> Tofu (if set with calcium, not nigari) Baked beans Red kidney beans</p>	<p>60g ¼ tin=100g ¼ tin=50g</p>	<p>200 50 40</p>
<p><b>Nuts and seeds</b> Sesame seeds Tahini paste Almonds Brazil nuts Hazelnuts</p>	<p>1 tbsp=12g 1 heaped tsp=30g 20g 30g 30g</p>	<p>80 40 50 30 55</p>
<p><b>Fruit</b> Oranges Tangerines Apricots Raisins Figs Blackcurrants</p>	<p>1 medium=120g 2 small=100g 4 dried=32g 1 pot = 30g 2 dried=40g 140g</p>	<p>75 40 25 15 100 85</p>
<p><b>Vegetables</b> Broad beans (boiled) Broccoli (boiled)</p>	<p>2 tbsp=120g 2 spears = 85g</p>	<p>70 35</p>

Cabbage (boiled)	95g	30
Curly kale (boiled)	60g	90
Spinach* (boiled)	40g	65
*Absorption poor due to oxalix acid binding with calcium		
Spring greens	small portion=60g	45
Watercress	¼ bunch=20g	35
<b>Cereals</b>		
Breakfast Cereals	30g	140
Bread		
- White bread	2 medium slices=80g	105
- Wholemeal	2 medium slices=80g	85
- “Best of both”, ”50/50”	2 medium slices=80g	325
Pitta bread / chapatti	1 small=65g	60

## Vitamin D and Calcium

Vitamin D is important to ensure that we absorb and use calcium properly. All children over the age of one should be taking a daily supplement containing 10 micrograms of Vitamin D especially during autumn and winter.

All babies under one year should be given a daily supplement of 8.5-10 micrograms unless they have 500mls or more of formula milk, as the formula milk provides enough vitamin D. Please ask your dietitian or local pharmacist if you have any questions.

## Alternatives

If you feel your diet does not contain sufficient calcium, and that you are unable to increase this with the options above, then you may need a calcium supplement. Please discuss with your dietitian who can advise on an appropriate product and dose for your child.

## Contacts/further information

If you require any further information or wish to comment on this leaflet please contact:

Your dietitian:.....

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## Document history

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