

Calcium Requirements

Recommended Daily Allowance

Age	RDA (mg)
7-10 years (children)	550mg
11-18 years (girls)	800mg
11-18 years (boys)	1,000mg
19-50 years	700mg
50 years +	700mg
Pregnant women	700mg
Breast feeding women as above for age then	550mg+

Typical calcium rich foods and their content

Food	Serving Size (average)	Calcium (mg)
Milk		
Milk, semi-skimmed	glass, 200 ml	240
Milk skimmed	glass, 200 ml	244
Milk whole	glass, 200 ml	236
Milkshake	takeaway, 300 ml	387
Soy drink, calcium enriched	glass, 200 ml	178
Yoghurt and Cream		
Yoghurt, low-fat, fruit	pot, 150 g	210
Yoghurt, low-fat, plain	pot, 150 g	243
Cream, double, whipped	portion, 45 g	26
Cream single	tablespoon, 15 g	13
Cheeses		
Danish blue	portion, 40 g	195
Edam	portion, 40 g	318
Feta	portion, 40 g	144
Camembert	portion, 40 g	94
Cheddar	medium chunk, 40 g	296
Cheese spread	portion, 30 g	149
Cottage	small pot, 112 g	142
Mozzarella, fresh	portion, 56 g	203
Parmesan, fresh	portion, 30 g	308
Vegetables		
Broccoli, boiled	serving, 85 g	34
Watercress, raw	small bunch, 20 g	34
Curly Kale	serving, 95 g	143
Okra, stir fried	8 medium, 40 g	88
Red kidney beans, canned	3 tablespoons, 105 g	75
Chick peas, boiled	3 tablespoons, 90 g	41
Green/French beans	serving, 90 g	50
Baked beans	serving, 135 g	72
Nuts		
Almonds	12 whole, 26 g	62
Brazil Nuts	6 whole, 20 g	34

Food	Serving Size (average)	Calcium (mg)
Hazlenuts	20 whole, 20 g	28
Sesame seeds	1 tablespoon, 12 g	80
Walnuts	12 halves, 40 g	38
Tahini Paste	1 heaped teaspoon, 19 g	129
Desserts		
Cheesecake, fruit	average slice, 120 g	94
Custard made with milk	average portion, 120 g	166
Rice pudding, canned	average portion, 200 g	176
Ice cream, dairy, vanilla	average serving, 75 g	75
Fromage frais, fruit	small pot, 60 g	52
Fish		
Sardines in oil, tinned	portion, 100 g	500
Whitebait, fried	portion, 80 g	688
Salmon, tinned	average portion, 100 g	91
Fish paste	small jar, 35 g	98
Breads and grains		
Pasta, plain, cooked	portion, 230 g	85
Rice, white, boiled	portion, 180 g	32
White bread	slice, 30 g	53
Wholemeal bread	slice, 30 g	32
Muesli, Swiss style	portion, 50 g	55
Fruits		
Apricots, raw, no stone	4 fruit, 160 g	117
Figs, ready to eat	4 fruit, 220 g	506
Currants	2 tablespoons, 50 g	47
Orange	peeled, 160 g	75
Other foods		
Tofu, soy bean, steamed	100 g	510
Omelette, cheese	2 eggs, 120 g	344
Quiche, cheese & egg	average slice, 140 g	367
Macaroni cheese	portion, 220 g	374
Pizza, cheese & tomato	9" - 10" pizza, 410 g	873
Lasagne	portion, 420 g	420

References:

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4005936

<http://ods.od.nih.gov/factsheets/calcium-HealthProfessional/>

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