



Patient Information

Normal calcium diet

This leaflet provides dietary information that will help you achieve the recommended daily intake of calcium. You should consume between 700 mg and 1000 mg of calcium each day.

Calcium content of foods

Food	Calcium content
Skimmed milk (280 ml)	355 mg
Semi-skimmed milk (280 ml)	345 mg
Whole milk (280 ml)	340 mg
Yoghurt (150 g)	225 mg
Cheddar cheese (30 g)	220 mg
Hard cheese (20 g)	150 mg
Processed cheese (23 g)	120 mg
Fromage frais (100 g)	85 mg
Ice cream (60 g)	75 mg
Soya milk – calcium enriched (280 ml)	370 mg
Lactofree milk (280 ml)	342 mg
Rice milk – calcium enriched (280 ml)	335 mg
Oat milk – calcium enriched (280 ml)	335 mg
Soya yoghurt (150 g)	145 mg
Soya ice cream (60 g)	6 mg

Fruit juice with added calcium (250 ml)	300 mg
2 tinned pilchards	275 mg
2 tinned sardines with bones	260 mg
Fortified cereal bar	180 mg
4 white bait	140 mg
1 tablespoon tahini	130 mg
2 slices bread (white or brown)	130 mg
Shelled prawns (60 g)	100 mg
Baked beans (150 g)	80 mg
2 slices bread (wholemeal)	75 mg
1 orange	70 mg
2 tablespoons cooked greens	70 mg
3 tablespoons muesli	65 mg
Dried apricots (60 g)	40 mg
Broccoli (90 g)	30 mg
1 egg	30 mg
Peanuts (50 g)	30 mg
3 tablespoons cooked lentils	25 mg
1 tablespoon kidney beans	25 mg
1 tablespoon hummus	12 mg

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