



Calcium counter

- Calcium is important for building strong bones in childhood and helping protect us from developing osteoporosis later in life
- This list provides the calcium content of some common foods

How much calcium do we need every day?

<i>Children and teenagers</i>	Amount (mg)	<i>Adults</i>	Amount (mg)
1-3 years	500	Most adults	1000
4-6 years	700	Women over 50 years	1300
7-11 years	1000	Men over 70 years	1300
12-18 years	1300		

Common foods – calcium content

<i>Food</i>	<i>Calcium (mg) - value per 100g or per 100ml</i>
<i>Milk</i>	
Regular	107
Reduced fat	109
Skim	121
Regular, powdered	875
Skim, powdered	1250
Evaporated, regular	274



<i>Breads and cereals</i>	
Bread, mixed grain	101
Bread, white	62
Bread, wholemeal	92
Muesli, untoasted	74
Muesli, with dried fruit and nuts	52
Pasta, wholemeal, uncooked	63
Pasta, white, uncooked	27
Rice, brown	11
<i>Cheese</i>	
Blue vein	510
Brie	464
Cheddar	763
Creamed cottage	89
Edam	839
Feta	340
Mozzarella	606
Parmesan	970
Pecorino	743
Ricotta, reduced fat	230
Swiss	885
<i>Fruits</i>	
Apple, assorted varieties, raw	4-6
Banana, assorted varieties, raw	5-10
Dried apricots	67
Dried figs	200
Grapes, assorted varieties, raw	5-14
Grapefruit	24
Mandarin, assorted varieties, raw	22-31
Orange, assorted varieties, raw	23-35
Prunes, raw	52
Strawberries, raw	18

<i>Vegetables</i>	
Bok choy, raw	86
Broccoli, raw	33
Brussel sprouts, raw	15
Carrot, raw	33
Celery, raw	30
Cucumber, assorted varieties, raw	13-57
Green beans, raw	49
Silverbeet, raw	78
Spinach, raw	58
<i>Yoghurt</i>	
Fruit yoghurt, low fat, assorted flavours	145-177
Natural yoghurt, regular	193
Natural yoghurt, low fat	244
<i>Nuts</i>	
Almonds	250
Brazil	150
Hazelnuts	86
Peanuts	54
Pistachio	90
Walnuts	89
<i>Legumes</i>	
Baked beans in tomato sauce	40
Cannellini, canned, drained	46
Chickpeas, canned, drained	45
Soya beans, canned, drained	53
<i>Seeds</i>	
Sesame	62
Sunflower	100
<i>Soy products</i>	
Soy milk, low fat, fortified	141
Soy milk, reduced fat, fortified	191
Soy milk, regular, fortified	119
Soy milk, unfortified	13
Tofu, firm	320
Tofu, soft or silkened	24

How we can help

Call our MSK Help Line and speak to our nurses. Phone 1800 263 265 or email helpline@msk.org.au.

We can help you find out more about:

- arthritis and musculoskeletal conditions
- ways to live well with these conditions
- managing your pain
- upcoming webinars, seminars and other events.

More to explore

- Food Standards Australia New Zealand www.foodstandards.gov.au
- Better Health Channel www.betterhealth.gov.au
- Osteoporosis Australia www.osteoporosis.org.au
- Eat for Health - Australian Dietary Guidelines www.eatforhealth.gov.au
- Dietitians Association of Australia <http://daa.asn.au>

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