



## 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



<b><i>Breads and cereals</i></b>	
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
<b><i>Cheese</i></b>	
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
<b><i>Fruits</i></b>	
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

<b>Vegetables</b>	
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
<b>Yoghurt</b>	
Fruit yoghurt, low fat, assorted flavours	145-177
Natural yoghurt, regular	193
Natural yoghurt, low fat	244
<b>Nuts</b>	
Almonds	250
Brazil	150
Hazelnuts	86
Peanuts	54
Pistachio	90
Walnuts	89
<b>Legumes</b>	
Baked beans in tomato sauce	40
Cannellini, canned, drained	46
Chickpeas, canned, drained	45
Soya beans, canned, drained	53
<b>Seeds</b>	
Sesame	62
Sunflower	100
<b>Soy products</b>	
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](mailto:helpline@msk.org.au).  
Visit our website: [www.msk.org.au](http://www.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](http://www.foodstandards.gov.au)
- Better Health Channel [www.betterhealth.gov.au](http://www.betterhealth.gov.au)
- Osteoporosis Australia [www.osteoporosis.org.au](http://www.osteoporosis.org.au)
- Eat for Health - Australian Dietary Guidelines [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)
- Dietitians Association of Australia <http://daa.asn.au>

July 2018