

DIETARY SOURCES OF CALCIUM

The following foods are useful sources of calcium and should be included in your diet regularly:-

BEST SOURCES – Eat daily

Milk - all types including soya milk with added calcium and Vitamin D.

Check the label, e.g. Unisoy Gold, Alpro and Plamil.

Cheese – all types **except** cottage cheese and cream cheese

Plain/fruit yogurt, lassi

Tofu

Tinned fish, especially sardines and pilchards (if bones are eaten)

Sesame seeds and Tahini

GOOD SOURCES

Cottage cheese

Pulses, especially baked beans, soya beans, broad beans, red kidney beans and chick peas.

Eggs

Nuts – almonds, brazil nuts, hazel nuts

White bread, white flour

Shellfish, e.g. prawns, shrimps

FAIR SOURCES

Fruit – especially dried apricots, figs, oranges, rhubarb and blackberries.

Calcium absorption is increased by Vitamin D which can be found in skimmed milk powder (with added Vitamin D), margarine and low fat spread, oily fish, e.g. mackerel, fortified breakfast cereals and eggs. The action of sunlight on the skin is also an important source of Vitamin D.

To meet calcium requirements, the following portions of calcium should be taken **DAILY**:-

(1 portion = 100mg of calcium)

| Age | At least |
|----------------|-----------------|
| 1-3 years | 3-4 portions |
| 4-6 years | 4-5 portions |
| 7-10 years | 5-6 portions |
| Males | |
| 11-18 years | 10 portions |
| 19+ | 7 portions |
| Females | |
| 11-18 years | 8 portions |
| 19+ | 7 portions |
| Pregnancy | 7 portions |
| Lactation | 12-13 portions |

The following guide should help you to meet these:-

| | | |
|----------------------------------------------|---|------------|
| 1 pint milk | = | 7 portions |
| 1/3 pint (1 cup) milk (whole/semi + skimmed) | = | 2 portions |
| 1oz cheddar cheese | = | 2 portions |
| Yogurt – 4oz pot | = | 2 portions |
| Small carton cottage cheese (4oz pot) | = | 1 portion |
| 2oz sardines (including bones) | = | 3 portions |
| ½ can baked beans (i.e. 7oz) | = | 1 portion |
| 2 eggs | = | 1 portion |
| 3 large slices white bread | = | 1 portion |
| 2oz nuts | = | 1 portion |
| 3oz sesame/sunflower seeds | = | 1 portion |
| 5oz pulses e.g. chickpeas | = | 1 portion |
| Tofu (3oz) | = | 4 portions |
| Tahini (1oz) | = | 2 portions |

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