

South Warwickshire



NHS Foundation Trust

Warwickshire Dietetic Service

Sources of Calcium

Dairy & Non Dairy

This information may be issued to anyone wishing to ensure their daily calcium intake is adequate.

Sources of Calcium—Dairy & Non Dairy

Calcium is important at all ages for strong bones and teeth. A healthy diet should therefore include plenty of calcium. This leaflet lists the daily requirements for different age groups, along with foods and drinks that are rich in calcium.

The following requirements have been recommended by the Department of Health and Coeliac UK and may be used as a guide.

Age	Calcium Requirement mg/day
0 – 12 months	525
1 – 3 years	350
4 – 6 years	450
7 – 10 years	550
Males	
11 – 18 years	1000
19 years and over	700
Females	
11 – 18 years	800
19 years and over	700
While breastfeeding	1250
Adults with Osteoporosis	1000
Adults with Coeliac Disease	1000-1500

Sources of Calcium—Dairy & Non Dairy

Dairy Sources of Calcium

	Food	Average portion size	Average calcium per portion mg
Milks, Creams, Yoghurts	Cows Milk (skimmed, semi-skimmed or full cream)	Glass (200ml)	240
		On cereal (100ml)	120
		In mug tea/coffee (30ml)	50
	Single cream	2 tablespoons (30g)	25
	Evaporated milk (whole)	½ small can (85g)	250
	Yoghurt (low fat, plain)	1 small pot (150g)	300
	Yoghurt (low fat, fruit)	1 small pot (150g)	225
Cheese and Cheese Products	Cheddar cheese	Matchbox size chunk (28g)	295
	Cheese spread	1 large triangle (25g)	150
	Cream cheese (medium fat)	In a sandwich (30g)	30
	Edam cheese	Average Portion (28g)	228
	Brie cheese	Average Portion (28g)	70
	Mozzarella or Feta cheese	Average Portion (55g)	200
	Pizza (Cheese & tomato, thin crust)	1 small (116g)	325
	Cottage cheese (plain)	In a sandwich (85g)	94
	Quiche Lorraine	1 slice (140g)	365
	Cauliflower cheese	Main meal (200g)	240
	Macaroni cheese (canned)	Main meal (210g)	510
	Lasagne (chilled)	Small portion (200g)	160
	Puddings and Desserts	Canned rice pudding	200g
Cheesecake (frozen)		1 slice (120g)	65
Custard (canned)		150g	135
Custard (homemade with milk)		150g	210
Ice cream (dairy)		Average Portion (75g)	120
Choc ice		1 (50g)	45
Mousse (fruit)		1 pot (60g)	60
Bread pudding (white bread)		1 slice (190g)	275
Fromage Frais		1 pot (60g)	65
Chocolate mousse	1 pot (60g)	60	

Sources of Calcium—Dairy & Non Dairy

Non-Dairy Sources of Calcium

	Food	Average portion size	Average calcium per portion mg
Eggs, nuts, seeds, pulses	Egg	2 medium (50g)	60
	Almonds	10 whole (40g)	92
	Brazil nuts	9 Whole (20g)	70
	Peanuts – dry roasted	1 med bag (50g)	20
	Lentils (e.g. red split) boiled	4 heaped tablespoon (170g)	28
	Red kidney beans (tin)	4 heaped tablespoon (170g)	28
	Soya beans (boiled)	4 heaped tablespoon (170g)	140
	Baked beans (in tomato sauce)	4 heaped tablespoon (170g)	85
	Tofu (steamed soya bean curd)	Main meal (100g)	510 – if has added calcium sulphate (usually Chinese tofu)
	Sesame seeds	1 tablespoon (12g)	80
Sesame seed spread/tahini	2 heaped teaspoon (40g)	260	
Fruit and Vegetables	Dried figs	2 (40g)	100
	Dried apricots	3 (24g)	20
	Orange	1 med	75
	Peas (frozen)	3 tablespoon (80g)	30
	Green beans	80g	30
	Broccoli	2 spears (80g)	35
	Spring greens	80g	70
	Spinach	80g	145
	Curly kale	80g	115
	Watercress	¼ bunch (20g)	35
	Broad Beans (frozen)	3 tablespoon (80g)	45
	Orange Juice	1 glass (150ml)	70
	Fortified fruit juices	1 glass (150ml)	183
	Bread and Cakes	White bread	1 med, large slice (36g)
Wholemeal bread		1 med, large slice (36g)	40
Rich fruit cake		1 Average slice (70g)	55
Crumpet		1 (40g)	45

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Non-Dairy Sources of Calcium

Calcium enriched breakfast cereals	Ready Brek (powder)	1 average portion 30g	400
	Childrens fortified cereals i.e. Frosties, Cheerio's	1 average portion 30g	135
Fish	Tinned sardines (in tomato sauce)	4 fish with bones (100g)	430
	Tinned pilchards (in tomato sauce)	2 fish with bones (110g)	275
	Tinned salmon (flesh only)	Main meal (100g)	90
	Tinned salmon (flesh and bones)	120g	360
	Baked Kipper Fillet	1 Medium (130g)	85
	Whitebait (fried)	Main Meal (80g)	690
	Prawns (boiled)	Main meal (60g)	65
	Crab meat	1 small can (85g)	100
	Scampi in breadcrumbs	Average portion (170g)	350
	Tinned anchovies – in oil (drained)	1 small can (50g)	150
Milk alternatives	Soya puddings (fortified)	1 Pot	120-150 (depending on brand)
	Soya milk (fortified)*	200ml	160-240 (depending on brand)
	Hemp/coconut/hazelnut/ almond milk (enriched)	200ml	240
	Rice milk (enriched) (over 5yrs only)	200ml	240
	Oat milk (enriched)	200ml	200-240 (depending on brand)
	Koko yoghurt	100g (125g pot)	128 (160)
	Tesco Free From Soya Yoghurt	100g pot	120

Sources of Calcium—Dairy & Non Dairy

Vitamin D

Vitamin D is also required for healthy bones and teeth as it helps absorption of calcium from foods.

The recommended intake of vitamin D in the UK for healthy people between the age of 5 and 64 is 10 micrograms per day. See the next page for the requirements for children under 5.

Whilst there are no recommendations regarding exposure to sunshine to meet Vitamin D requirements, the majority of people should be able to get all the vitamin D they need from sunlight on their skin.

See NHS Choices for sun safety advice <http://www.nhs.uk/livewell/skin/pages/sunsafer.aspx>

In the UK, during October to March the UV from the sun is not adequate for the body to make enough vitamin D, so we need to get it from our diet or supplements. Use the table below to see how much vitamin D you get from food.

Food	Weight	µg Vitamin D
Fortified breakfast cereal e.g. Special K, Shreddies	Small portion (30g)	0.8 – 2.5 Check the packet
Semi skimmed milk	Small glass (200 ml)	Trace
Dried milk with vegetable fat	2 tsp (6g)	0.6
Cheese in a sandwich	Small matchbox chunk (28g)	0.1
Tuna in brine	Portion on sandwich (45g)	1.6
Grilled salmon steak	Average portion (85g)	7.1
Grilled Mackerel	Average portion (85g)	14
Sardines in tomato sauce	1 (25g)	2
Egg	2 (120g)	1.8
Fortified Margarine	Thin spread on a small slice of bread (7g)	0.5
Roast beef or pork	1 slice (85g)	0.7
Cod liver oil	2 tsp (6g)	12.6

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A Healthy Lifestyle for Healthy Bones

Be active. Weight bearing activities are best e.g. walking, running, dancing, tennis. They help the skeleton grow stronger.

Avoid smoking. This is bad for your bones as well as your heart and lungs.

Vitamin D

Some individuals are more at risk of vitamin D deficiency than others.

You may not get enough vitamin D from sunlight if you have very little or no sunshine exposure because you:

- aren't often outdoors e.g. if you are housebound or frail
- are in an institution e.g. nursing home
- usually wear clothes that cover up most of your skin when outdoors.

People with dark skin from African, African-Caribbean and South Asian backgrounds may also not get enough vitamin D from sunlight.

It is recommended that adults in these groups should take a 10 microgram vitamin D supplement daily, all year round.

Vitamin D supplements can be bought at most pharmacies and supermarkets.

Public Health England recommends that a supplement containing vitamin D is given to:

- all breastfed babies from birth to 1 year (8.5mcg– 10mcg)
- babies under one year who are taking less than 500ml (just under 20floz) of infant formula daily (10mcg)
- all children from 1-4 years of age. (10mcg) .

If you are on Income Support, you can obtain Healthy Start Vitamin drops from your local baby clinic or Health Visitor. Otherwise, you can buy baby vitamin drops containing vitamin D from chemists and supermarkets. Ask your pharmacist for advice if you are not sure which supplement to buy.

Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

You have a responsibility to treat other service users, patients and our staff with dignity and respect

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600 054 by email:

Pals@swft.nhs.uk or by calling in person to the PALS Office which is located in the Lakin Road entrance to the hospital.

If you have any queries about your diet, please contact us on 01926 600818, selecting option 3

Dietetic Department
George Eliot Hospital
Nuneaton

Dietetic Department
Warwick Hospital
Warwick

Author	Registered Dietitian
Department	Dietetics
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