

Calcium Sources for a Milk-Free Diet

1 in 3 women and 1 in 12 men suffer from osteoporosis or brittle bones. This leads to weakening of the bones and fractures.

Calcium is an important mineral, which protects our bones and teeth. Having an adequate calcium intake will help them remain strong and healthy.

Smoking, too much alcohol and limited weight bearing exercise can increase bone mineral loss.

If you do not currently eat enough calcium, chose at least one calcium rich food to add to your diet. Gradually increase your intake of calcium rich foods until you meet the recommendations.

If you are following a milk free diet it can be difficult to achieve a good calcium intake. Try to use soya calcium enriched products to replace normal dairy foods e.g., milk, yoghurt, cheese.

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Table 1 – Calcium recommendations

Department of Health Reference Nutrient Intake (RNI) (mg/d) (2004)	
Teenagers 11 – 18 male	1000
Teenagers 11 - 18 female	800
Men and Women 19 - 50	700
Men and Women over 50	700
Pregnant Women	700
Breastfeeding Women	1250

Table 2 – Dairy Free Calcium Rich Foods

Portion		Food	Calcium (mg)
Metric	Imperial		
190ml	1/3 pint	Calcium enriched rice milk	228
190ml	1/3 pint	Tap Water	32
190ml	1/3 pint	Soya Milk (average)	266
1 med	3oz	Egg	30
60g	2oz	Sardines canned in tomato sauce	258
120g	4oz	Salmon – canned	500
120g	4oz	Salmon – fresh	225
90g	3oz	Soya bean curd	428
60g	2oz	Brazil nuts	95
60g	2oz	Swiss style muesli	62
30g	1oz	Dried figs	76
30g	1 slice	White bread	33
30g	1slice	Wholemeal Bread	16
100g	4oz	Watercress	170
100g	4oz	Spinach	160
100g	4oz	Okra	120
100g	4oz	Curly Kale	150
100g	4oz	Kidney Beans	71
100g	4oz	Parsnip	50
100g	4oz	Green Beans	56
100g	4oz	Broccoli	40
200g	8oz	Baked Beans	59
2 packs	4oz	Sesame Snaps	100