

CALCIUM values of foods

PORTION		FOOD	CALCIUM (mg)
190ml	1/3 pint	Water	32
190ml	1/3 pint	Skimmed milk	232
190ml	1/3 pint	Semi-skimmed milk	231
190ml	1/3 pint	Full cream milk	224
190ml	1/3 pint	Soya milk – calcium enriched	226
190ml	1/3 pint	Evaporated milk	480
120 g	4 oz	Ice-cream	134
150 g	5 oz	Yoghurt	225
30 g	1 oz	Cheddar cheese	202
100 g	4 oz	Cottage cheese	82
30 g	1 oz	Feta cheese	90
30 g	1 oz	Goats cheese	43
1 medium	3 oz	Egg	30
	4 oz	Cheese omelette (1 egg, 1oz cheddar)	232
120 g	4 oz	Cheese and egg flan	219
120 g	1/2	Cheese and tomato pizza	235
150 g	2 oz	Sardines, canned in tomato sauce	258
60 g	2 oz	Pilchards, canned in tomato sauce	168
60 g	4 oz	Salmon - canned	500
120 g	4 oz	Salmon – fresh	225
120 g			

120 g	4 oz	Spinach, boiled	179
120 g	4 oz	Broccoli, boiled	45
120 g	4 oz	Baked beans	59
120 g	4 oz	Red kidney beans, cooked	80
90 g	3 oz	Soya bean curd, steamed	428
60 g	2 oz	Brazil nuts	95
60 g	2 oz	Swiss style muesli	62
30 g	1 oz	Dried figs	76
30 g	1 slice	Bread, white	33
30 g	1 slice	Bread, wholemeal	16
60 g	2 oz	Milk chocolate	123

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