

## **Calcium-rich foods** <sup>[1]</sup>

Find calcium-rich foods from this list of nutrients a bone-healthy diet [1]. Serving sizes are based on average portions [2].

<b>Food</b>	<b>Serving Size (average)</b>	<b>Calcium (mg)</b>
<b>Milk</b>		
Milk, semi-skimmed	glass, 200 ml	240
Milk skimmed	glass, 200 ml	244
Milk whole	glass, 200 ml	236
Milkshake	takeaway, 300 ml	387
Soy drink, calcium enriched	glass, 200 ml	178
<b>Yoghurt and Cream</b>		
Yoghurt, low-fat, fruit	pot, 150 g	210
Yoghurt, low-fat, plain	pot, 150 g	243
Cream, double, whipped	portion, 45 g	26
Cream single	tablespoon, 15 g	13
<b>Cheeses</b>		
Danish blue	portion, 40 g	195
Edam	portion, 40 g	318
Feta	portion, 40 g	144
Camembert	portion, 40 g	94
Cheddar	medium chunk, 40 g	296
Cheese spread	portion, 30 g	149
Cottage	small pot, 112 g	142
Mozzarella, fresh	portion, 56 g	203
Parmesan, fresh	portion, 30 g	308
<b>Vegetables</b>		
Broccoli, boiled	serving, 85 g	34
Watercress, raw	small bunch, 20 g	34

Curly Kale	serving, 95 g	143
Okra, stir fried	8 medium, 40 g	88
Red kidney beans, canned	3 tablespoons, 105 g	75
Chick peas, boiled	3 tablespoons, 90 g	41
Green/French beans	serving, 90 g	50
Baked beans	serving, 135 g	72

### **Nuts**

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Almonds	12 whole, 26 g	62
Brazil Nuts	6 whole, 20 g	34
Hazlenuts	20 whole, 20 g	28
Sesame seeds	1 tablespoon, 12 g	80
Walnuts	12 halves, 40 g	38
Tahini Paste	1 heaped teaspoon, 19 g	129

### **Desserts**

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Cheesecake, fruit	average slice, 120 g	94
Custard made with milk	average portion, 120 g	166
Rice pudding, canned	average portion, 200 g	176
Ice cream, dairy, vanilla	average serving, 75 g	75
Fromage frais, fruit	small pot, 60 g	52

### **Fish**

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Sardines in oil, tinned	portion, 100 g	500
Whitebait, fried	portion, 80 g	688
Salmon, tinned	average portion, 100 g	91
Fish paste	small jar, 35 g	98

### **Breads and grains**

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Pasta, plain, cooked	portion, 230 g	85
Rice, white, boiled	portion, 180 g	32
White bread	slice, 30 g	53
Wholemeal bread	slice, 30 g	32
Muesli, Swiss style	portion, 50 g	55

### **Fruits**

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Apricots, raw, no stone	4 fruit, 160 g	117
Figs, ready to eat	4 fruit, 220 g	506
Currants	2 tablespoons, 50 g	47

Orange	peeled, 160 g	75
<b>Other foods</b>		
Tofu, soy bean, steamed	100 g	510
Omelette, cheese	2 eggs, 120 g	344
Quiche, cheese & egg	average slice, 140 g	367
Macaroni cheese	portion, 220 g	374
Pizza, cheese & tomato	9" - 10" pizza, 410 g	873
Lasagne	portion, 420 g	420

## References

1. Food Standards Agency (2002) McCance and Widdowson's The Composition of Foods, Sixth Summary Edition. Cambridge: Royal Society of Chemistry.
2. Food Standards Agency (2002), Food Portion Sizes.

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**Source URL:** <http://www.iofbonehealth.org/calcium-rich-foods>

**Links:**

[1] <http://www.iofbonehealth.org/calcium-rich-foods>