

CALCIUM COUNTS!

Dairy and non-dairy sources of calcium

How much calcium do you have a day?

This resource looks at the calcium content in dairy and non-dairy foods that may contribute to your diet.

Dairy source	Calcium mg/100g*	Calcium/per average portion size	% adult daily need
Milk			
Skimmed	120	240mg /200ml glass	34%
Whole	116	232mg/ 200ml	33%
Semi skimmed	116	232mg /200ml glass	33%
Yogurt and fromage frais			
Greek style plain yogurt	126	113mg/ 2 tablespoons (90g)	16%
Low fat plain yogurt	162	130mg/2 tablespoons (80g)	19%
Low fat fruit yogurt	140	175mg/125 ml pot	25%
Fortified fruit fromage frais	140	84mg/60g small pot	12%
Plain low fat fromage frais	127	114mg/2 tablespoons (90g)	16%
Cheese			
Cheddar	739	222mg/30g	32%
Edam	795	239mg/30g	34%
Red Leicester	723	217mg/30g	31%
Cottage cheese	739	296mg/1 tablespoon (40g)	42%
Low fat soft white	121	36mg/average in sandwich (30g)	5%
Danish blue	488	146mg/30g	21%
Feta	360	108mg/30g	15%
Mozzarella	362	109mg/30g	16%
Brie	256	77mg/30g	11%

*Calcium in milk is given for 100mls

- The adult reference nutrient intake for calcium is 700mg a day. This is the amount considered sufficient to meet the requirements of most people.
- Teenagers have a higher requirement (1000mg for males and 800mg for females aged 11-18).
- This table shows, for example, that a 200ml glass of skimmed milk will provide 34% of an adult's daily need for calcium.

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Non-dairy source	Calcium mg/100g	Calcium/per average portion size	% adult daily need
Fortified products			
Fortified soya drink	120mg	240mg/200ml glass	34%
Fortified rice drink	120mg	240mg/ 200ml glass	34%
Fortified soya yogurt alternative	120mg	150mg/125g pot yogurt	21%
White bread*	177mg	127mg/ 2 slices (72g)	18%
Brown bread*	186mg	134mg /2 slices (72g)	19%
Fruit, veg, nuts and seeds			
Dried Figs	230mg	92mg/ 2 dried (40g)	13%
Curly kale, boiled	150mg	120mg/4 heaped tablespoons (80g)	17%
Watercress	170mg	136mg/1 bowl (80g)	19%
Almonds	240mg	53mg/10 whole (22g)	8%
Sesame seeds	670mg	80mg/1 tablespoon (12g)	11%
Fish with soft bones			
Canned sardines in brine, drained	679mg	340mg/half a can (50g)	49%

*White and brown flour are fortified by law in the UK

- Calcium is needed to build and maintain healthy bones, but it also helps keep muscles, nerves and teeth healthy.
- Dairy products are the main source of calcium in the UK diet.

For more information on the sources used in this text, please contact postbox@nutrition.org.uk

Last reviewed September 2014. Next review due September 2017.