



# Calcium



**Calcium** is one of the most important minerals in the body. Calcium is important to help keep bones and teeth strong. As we get older, our body needs more calcium.

The main food sources of calcium are **dairy** products, such as: milk, cheese and yoghurt.

Tinned fish (with bones), soy products with calcium added, legumes and nuts contain smaller amounts of calcium.

**Aim to have four servings (1200-1300mg) of calcium foods every day.**

A serving is equal to: 300mg calcium

## Dairy or dairy alternative sources of calcium:

- 1 cup cow's / goat's milk, buttermilk or kefir
- 1 cup soy milk with added calcium
- $\frac{3}{4}$  cup sheep's milk
- 2 tbsp powdered milk
- 1 ltr ayran
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- 1 cup custard
- 2 slices or 50g cheese
- 2 cups cottage cheese (1-2% fat)
- 35g halloumi
- 1 tub (200g) yoghurt or labne

## Non-dairy sources of calcium:

- Small tin of sardines or salmon (with bones)
- 20g dried fish (smelt)
- 100g tofu
- 300g tempeh
- 2 cups soy beans
- 3 cups chick peas, pinto beans, white beans
- $\frac{3}{4}$  cup almonds
- 5 tbsp tahini
- 2 cups Chinese cabbage (cooked), bok choy (cooked), spinach (cooked)
- 3 cups kale (cooked)
- 3 cups okra (cooked)
- 6 cups broccoli (cooked)