

# Calcium Content of Common Foods

Below is a list of the calcium content of different foods.

Serving sizes are based on average portions, and calcium content is approximate.\*



## MILK & MILK DRINKS

Food (200ml)	Calcium (mg)
Milk, semi-skimmed	240
Milk, skimmed	244
Milk, whole	236
Milkshake	360
Sheep Milk	380
Coco Milk	54
Soy Drink (non-enriched)	26
Soy Drink (calcium-enriched*)	240
Rice Drink	22
Oat Milk	16
Almond Milk	90



## YOGHURT

Food (150g)	Calcium (mg)
Yoghurt, flavoured	197
Yoghurt, with fruit pieces	169
Yoghurt, natural	207



## CHEESE

Food	Serving (g)	Calcium (mg)
Hard Cheese (e.g. Cheddar, Parmesan, Emmental, Gruyère)	30	240
Fresh Cheese (e.g. Cottage Cheese, Ricotta, Mascarpone)	200	138
Soft Cheese (e.g. Brie, Camembert)	60	240
Feta	60	270
Mozzarella	60	242
Cream Cheese	60	180



## VEGETABLES

Food	Serving (g)	Calcium (mg)
Lettuce	50	19
Kale, Collard Greens	50 (raw)	32
Bok Choy/Pak Choi	50(raw)	20
Silverbeet	100	87
Watercress	70(raw)	60
Rhubarb	120(raw)	103
Carrots	120(raw)	36
Tomatoes	120(raw)	11
Broccoli	120(raw)	112



## MEAT, FISH AND EGGS

Food	Serving (g)	Calcium (mg)
Egg	50	27
Red Meat	120	7
Chicken	120	17
Fish (e.g. Cod, Trout, Herring, Whitebait)	120	20
Tuna, canned	120	34
Sardines in Oil, canned	60	240
Smoked Salmon	60	9
Prawns	150	45
Oysters	100	132

## BEANS & LENTILS

Food	Serving (g)	Calcium (mg)
Lentils	80 raw 200 cooked	40
Chick Peas	80 raw 200 cooked	99
White Beans	80 raw 200 cooked	132
Red Beans	80 raw 200 cooked	93
Green/French Beans	900 Cooked	50

## STARCHY FOODS

Food	Serving (g)	Calcium (mg)
Pasta (cooked)	180	26
Rice, White (boiled)	180	4
Potatoes (boiled)	240	14
White Bread	40 (slice)	6
Wholemeal Bread	40 (slice)	12
Muesli (cereals)	50	21
Naan	60	48

## FRUITS

Food	Serving (g)	Calcium (mg)
Orange	150	60
Apple	120	6
Banana	150	12
Apricot	120 (3 pieces)	19
Currant (dried gooseberry)	120	72
Figs, dried	60	96
Raisins (dried grapes)	40	31

## NUTS & SEEDS

Food	Serving (g)	Calcium (mg)
Almonds	30	75
Walnuts	30	28
Hazelnuts	30	56
Brazil Nuts	30	28
Sesame Seeds	30	22
Tahini Paste	30	42

## OTHERS

Food	Serving (g)	Calcium (mg)
Tofu	120	126
Seaweed	100	70
Wakame	100	150

## CREAM & DESSERTS

Food	Serving (g)	Calcium (mg)
Cream, double, whipped	30ml	21
Cream full	30ml	21
Custard made with milk, vanilla	120g	111
Ice Cream, vanilla	100g	124
Pudding, vanilla	120g	120
Rice Pudding	200g	210
Pancake	80g	62
Cheese Cake	200g	130

\*Please note that the calcium content given for the foods listed is approximate, as calcium content varies depending on the method of production or brand.

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Be sure you're getting enough calcium in your diet!

