

Diet sheet taken from the National Osteoporosis Society Website

Food	Quantity	Mg of calcium
<b>Dairy Products</b>		
Milk skimmed	100 mls	122
Milk semi skimmed	100 mls	120
Milk whole	100 mls	118
Milk Soya **	100 mls	89
Cream double	3.5 oz/100g	49
Cream single	3.5 oz/100g	91
Cream whipping	3.5 oz/100g	58
Cheese cheddar	3.5 oz/100g	739
Cheese low fat (hard)	3.5 oz/100g	840
Cheese Camembert	3.5 oz/100g	235
Cheese Cottage	3.5 oz/100g	127
Cheese Edam	3.5 oz/100g	795
Yoghurt fruit low fat	3.5 oz/100g	140
Yoghurt fruit	3.5 oz/100g	122
Fromage frais fruit	3.5 oz/100g	86
Ice Cream dairy	3.5 oz/100g	100
Ice Cream non dairy	3.5 oz/100g	72
Custard from powder	3.5 oz/100g	140
Rice pudding	3.5 oz/100g	88
<b>Fish</b>		
Pilchards in tomato sauce	3.5 oz/100g	250
Sardines in tomato sauce	3.5 oz/100g	430
Sardines in oil	3.5 oz/100g	500
Whitebait fried	3.5 oz/100g	860
Salmon tinned	3.5 oz/100g	91
Tuna in oil tinned	3.5 oz/100g	12
<b>Vegetables</b>		
Curly kale boiled	3.5 oz/100g	150
Okra stir fried	3.5 oz/100g	220
Spinach boiled	3.5 oz/100g	160
Spring greens boiled	3.5 oz/100g	75
Watercress	3.5 oz/100g	170

\* may be calcium enriched

\*\* different products vary considerably

**Please note**, the calcium contents (with the exception of milk and bread), have been calculated per 100grams and are therefore not portion size. This has been done to make comparisons between various foods easier.

**The recommended daily intake of calcium is more than 700mg for an adult**

Food	Quantity	Mg of calcium
<b>Pulses Beans &amp; Seeds</b>		
Red Kidney beans	3.5 oz/100g	71
Tofu steamed **	3.5 oz/100g	510
Green/French beans	3.5 oz/100g	56
Baked beans	3.5 oz/100g	53
Sesame seeds	3.5 oz/100g	670
Tahini (sesame paste)	3.5 oz/100g	680
<b>Cereal Products</b>		
White bread *	3.5 oz/100g	177
Wholemeal bread	3.5 oz/100g	106
Muesli Swiss style	3.5 oz/100g	110
Special K	3.5 oz/100g	70
Ready Brek	3.5 oz/100g	1200
<b>Fruit</b>		
Apricots dried	3.5 oz/100g	73
Figs dried	3.5 oz/100g	250
Currants	3.5 oz/100g	93
Mixed peel	3.5 oz/100g	130
Olives in brine	3.5 oz/100g	61
Orange	3.5 oz/100g	47
<b>Convenience Foods</b>		
Lasagne frozen	3.5 oz/100g	73
Sausage low fat grilled	3.5 oz/100g	130
Cornish pasty	3.5 oz/100g	60
Omelette cheese	3.5 oz/100g	287
Quiche cheese & egg	3.5 oz/100g	262
Macaroni cheese	3.5 oz/100g	170
Pizza cheese & tomato	3.5 oz/100g	210

Ref: McCance and Widdowson's "The Composition of foods" Sixth summary edition 2002. Compiled by The Foods Standards Agency and Institute of food research.

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To contact the NOS Osteoporosis nurses, telephone the NOS Helpline on 0845 4500230 or e-mail on [nurses@nos.org.uk](mailto:nurses@nos.org.uk)

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