



Calcium

We all need enough calcium to build and maintain healthy bones, teeth, muscles and nerves. As we age we need to make sure our calcium intake is even higher to avoid muscle weakness, back pain, brittle bones, fractures and osteoporosis. If our body needs more calcium than our diet supplies, it withdraws it from the bones.

The recommended daily intake (RDI) of calcium is 1,000 mg per day for most adults, though women over 50, men over 70 and children should get 1,300 mg per day.

Vitamin D is essential for the absorption of calcium. Most people will get enough from exposure to sunlight and it is also found in full-fat dairy products and fortified foods.

Some foods can prevent the absorption of calcium, such as oxalic acid containing foods like spinach, rhubarb and chocolate as well as excessive intake of coffee, tea, salt, brown rice and wheat bran.

The main foods rich in calcium are dairy products like milk, cheese and yogurt. If you are a vegetarian or vegan there are many non-dairy sources which are also high in calcium.

Where to find the highest calcium sources:

Seeds:

1 tablespoon poppy seeds	126 mg
1 tablespoon chia seeds	88 mg
1 tablespoon sesame seeds	80 mg

Nuts:

30 g almonds	75 mg
30 g hazelnuts	56 mg
30 g walnuts	28 mg
30 g Brazil nuts	28 mg

Seafood:

50 g canned sardines	340 mg
150 g shrimp	45 mg
129 g canned tuna	34 mg
120 g Fish (trout, herring, cod)	20 mg
60 g smoked salmon	9 mg

Vegetables:

1 cup collard greens, cooked	266 mg
1 cup spinach, cooked	245 mg
1 cup kale, cooked	172 mg
1 cup bok choy, cooked	158 mg
1 cup okra, cooked	123 mg
1 cup butternut pumpkin, cooked	84 mg
1 cup sweet potatoes, cooked	77 mg
1 cup red cabbage, cooked	63 mg
1 cup broccoli, cooked	62 mg
1 cup Brussel sprouts, cooked	56 mg
1 artichoke, cooked	56 mg
120 g cress, raw	188 mg
120 g broccoli, raw	112 mg
120 g rhubarb, raw	103 mg
120 g okra, raw	77 mg
120 g carrots, raw	36 mg
120 g kale, collard greens, raw	32 mg
120 g bok choy, raw	20 mg
120 g lettuce, raw	19 mg

Other:

28 g whey protein powder	200 mg
100 g Tofu	105 mg
100 g seaweed	70 mg
1 glass (200 ml) soy milk (calcium enriched)	240 mg
1 glass (200 ml) soy milk (non-enriched)	26 mg
1 glass (200 ml) almond milk	90 mg
2 dried figs	92 mg
1 tablespoon Tahini	50 mg

Dairy:

Dairy food has high levels of calcium. However, keep in mind that it also has high levels of saturated fats and studies have linked dairy food with increased risk of heart disease, stroke and diabetes.

Milk:

1 glass (200 ml) milk 1 % fat	250 mg
1 glass (200 ml) whole milk	226 mg
1 glass (200 ml) sheep milk	380 mg

Cheese:

1 slice of Emmental (30 g)	330 mg
1 slice of Edam (30 g)	239 mg
1 tablespoon parmesan (5 g)	55.5 mg
1 slice of brie (30 g)	80 mg
1 tablespoon cottage cheese	16.6 mg
30 g feta	135 mg
30 g mozzarella	120 mg

Yogurt:

100 g yogurt full fat	125 mg
100 g yogurt nonfat	152 mg
100 g Greek yogurt nonfat	110 mg
100 g Greek yogurt full fat	90 mg

Please note that the calcium amount given is approximate. It depends on the brand, on the way it was produced and on the country.