Calcium counter

- Calcium is important for building strong bones in childhood and helping protect us from developing osteoporosis later in life
- This list provides the calcium content of some common foods

How much calcium do we need every day?

Children and teenagers	Amount (mg)	Adults	Amount (mg)
1-3 years	500	Most adults	1000
4-6 years	700	Women over 50 years	1300
7-11 years	1000	Men over 70 years	1300
12-18 years	1300		

Common foods – calcium content

Food	Calcium (mg) - value per 100g or per 100ml			
Milk				
Regular	107			
Reduced fat	109			
Skim	121			
Regular, powdered	875			
Skim, powdered	1250			
Evaporated, regular	274			









Bread, white Bread, wholemeal Muesli, untoasted Muesli, with dried fruit and nuts Pasta, wholemeal, uncooked Pasta, white, uncooked Rice, brown Cheese Blue vein Brie Cheddar Creamed cottage Edam Feta Mozzarella Parmesan Pecorino	101 62 92 74 52 63 27 11
Bread, wholemeal Muesli, untoasted Muesli, with dried fruit and nuts Pasta, wholemeal, uncooked Pasta, white, uncooked Rice, brown Cheese Blue vein Brie Cheddar Creamed cottage Edam Feta Mozzarella Parmesan Pecorino	92 74 52 63 27 11
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Cheddar Creamed cottage Edam Feta Mozzarella Parmesan Pecorino	161
Creamed cottage Edam Feta Mozzarella Parmesan Pecorino	404
Edam Feta Mozzarella Parmesan Pecorino	763
Feta Mozzarella Parmesan Pecorino	89
Mozzarella Parmesan Pecorino	839
Parmesan Pecorino	340
Pecorino	606
	970
Ricotta, reduced fat	743
	230
Swiss	885
Fruits	
Apple, assorted varieties, raw	4-6
Banana, assorted varieties, raw	5-10
Dried apricots	67
Dried figs	200
Grapes, assorted varieties, raw	5-14
Grapefruit	24
Mandarin, assorted varieties, raw	22-31
Orange, assorted varieties, raw	22.25
Prunes, raw	23-35
Strawberries, raw	52

Box choy, raw 86 Broccol, raw 33 Brusel sprouts, raw 15 Carrot, raw 30 Celery, raw 13-57 Cucumber, assorted varieties, raw 78 Silverbeet, raw 78 Spinach, raw 58 Yoghurt 145-177 Fruit yoghurt, low fat, assorted flavours 145-177 Natural yoghurt, low fat 244 Nuts 244 Almonds 250 Brazil 150 Hazelnuts 86 Peanuts 54 Pistachio 90 Walnuts 89 Legumes 1 Legumes 40 Cannellini, canned, drained 46 Chickpeas, canned, drained 45 Soya beans, canned, drained 53 Seeds Chia 631 Sesame 62 Sunflower 100 Soy milk, low fat, fortified 141 Soy milk, regular, fortified	Vegetables	
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	Soy milk, regular, fortified	119
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	Tofu, firm	320

Tofu, soft or silkened 24

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