

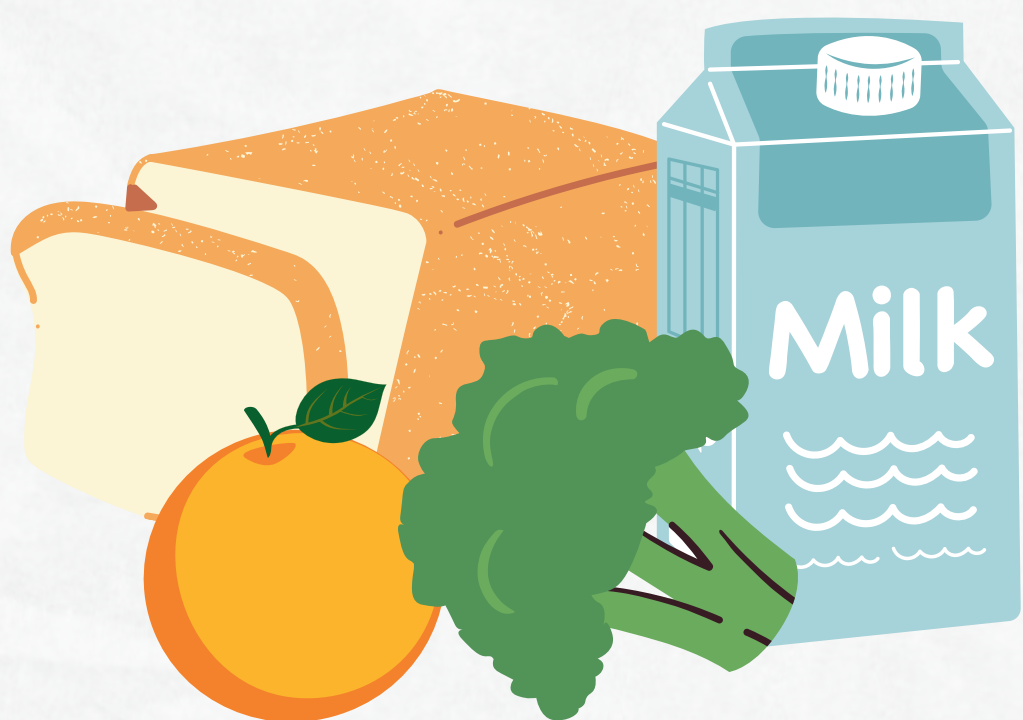
CALCIUM FOOD FACTS

What is calcium?

Our bones contain 99% of the calcium in our bodies, which helps to maintain bone structure and strength. The RDA (recommended daily allowance) for calcium for females aged 18+ is 700mg per day.

It's important to get enough **vitamin D** as it helps your body absorb calcium.

It is possible to get all of the calcium we need from our food however in some cases supplementation may be required. Please speak to your GP or a registered dietitian before taking any supplement.



How can you get 700mg a day?

200ml Milk = 240mg calcium

30g serving cereal = 136mg calcium

30g portion of cheddar = 220mg calcium

100g/2 large slices wholemeal bread =
108mg calcium

Total= 704mg Calcium

Source of calcium	Quantity	Calcium
Milk	200ml	240mg
Cheese	30g	220mg
Yoghurt	120g	200mg
Calcium enriched milk alternatives e.g. soya, oat, almond	200ml	240mg
White bread	2 large slices (100g)	100mg
Wholemeal bread	2 large slices (100g)	54mg
Sardines (with bones)	60g	258mg
Orange	1 medium (120g)	75mg
Broccoli, boiled	2 spears (85g)	34mg