

Calcium Content of Food and Drink

Milk and Dairy	Portion	Calcium (mg)
Milks		
Skimmed milk	1 pint	705
Skimmed milk	on cereals (100g)	121
Semi-skimmed milk	1 pint	702
Semi-skimmed milk	on cereals (100g)	120
Whole milk	1 pint	673
Whole milk	on cereals (100g)	115
So!Good fresh soya milk	1 pint	840
So!Good fresh soya milk	on cereals (100g)	148
Soya milk with added calcium	1 pint	795
Soya milk with added calcium	on cereals (100g)	140
Ovaltine Power drink	per serve (dry)	400
made up with 200ml milk	per serve (made up)	648
Ovaltine Light	per serve	200
Horlick s Light	per serve	210
Horlicks Light Malted	per serve	230
Cheeses		
Cheddar Cheese	small matchbox Size, 25g	180
Cheese spread	30g av. portion	126
Cottage cheese	1 small pot	82
Reduced fat cheddar cheese	small matchbox Size, 25g	210
Desserts		
Yogurts (various)	150g pot	210-240
Dairy ice-cream	average portion	134
Fromage frais	1 tablespoon	40
Provamel Yofu (soya dessert)	1 125g pot	100
Bread other cereals & potato group		
All-Bran	40g	136
Cheerios (new)	30g	135
Ready Brek	40g	480
Swiss style muesli	50g	55
White or brown bread	2 slices	79
Wholemeal bread	2 slices	39

Fruit	Portion	Calcium (mg)
Apricots, dried ready- to-eat	2	58
Tropicana		
Calcium-enriched orange juice	250ml glass	305
Figs, dried ready-to-eat	2	97
Orange juice	250ml glass	25
Oranges	1 medium	75
Vegetables		
Broccoli, boiled	85g av. portion	34
Cabbage, savoy	95g av. portion	35
Spring greens, cooked	95g av. portion	71
Meat, fish & alternatives		
Almonds	100g	240
Baked beans	2 tablespoons	43
Baked beans	1/2 large can	111
Brazil nuts	100g	170
Chick peas	2 tablespoons	30
Eggs	1 egg	32
Lentil soup	av. portion	85
Lentils, cooked	3 tablespoons	19
Peanuts	50g	30
Pilchards, canned in sauce with edible bones	1 pilchard	138
Prawns, cooked	10	33
Red kidney beans	1/2 large can	150
Red Kidney beans	2 tablespoons	42
Salmon, tinned	sandwich portion	145
Sardines, canned in sauce with edible bones	1 sardine	108
Sesame seeds	1 tablespoons	80
Tahini (sesame seed spread)	heaped teaspoon	129
Tofu, cooked	100g	510
Other foods and drinks		
Nutri-Grain bar	1 bar	200
Danone bottled water	1/2 litre	150
Chiltern Hills bottled water	1/2 litre	51
San Pellegrino sparkling water	1/2 litre	104
Tap water (hard)	1/2 litre	some,

(precise amount will vary)

Source of information from product labels (various stores, February 2001) and 5th Edition of McCance & Widdowson's *The Composition of Foods*

Note: Inclusion of named foods and drinks is for information only and implies no endorsement