


Calcium Content List

	Food	Serving Size	Calcium Content (mg)
 Milk	Regular	250ml (1 cup)	268
	Reduced fat	250ml (1 cup)	365
	Low fat	250ml (1 cup)	273
	Skim	250ml (1 cup)	303
	Evaporated	125ml	343
 Splash of milk in tea/coffee	Regular	20ml	21
	Reduced fat	20ml	29
	Low fat	20ml	22
	Skim	20ml	24
 Milk on cereal (milk component only)	Regular	125ml (½ cup)	135
	Reduced fat	125ml (½ cup)	183
	Low fat	125ml (½ cup)	136
	Skim	125ml (½ cup)	151
 Flavoured milk	Regular	250ml (1 cup)	275
	Reduced fat	250ml (1 cup)	300
 Yogurt	Plain, regular	200g (1 tub)	371
	Plain, low fat	200g (1 tub)	468
	Fruit, regular	200g (1 tub)	315
	Fruit, low fat	200g (1 tub)	323
 Cheese	Cheddar	40g (2 slices)	305
	Edam	40g (2 slices)	336
	Mozzarella	¼ cup	182
	Parmesan	1 tablespoon	78
	Cottage cheese	1 tablespoon	16
	Cream cheese	1 tablespoon	16
	Brie	1 small wedge	93
	Feta cheese	5 cubes	16
 Dairy dessert	Ice cream, regular vanilla	1 scoop	23
	Ice cream, low fat vanilla	1 scoop	23
	Custard, regular vanilla	½ cup	150
	Cream	1 tablespoon	12

"This list includes a small number of foods that are rich calcium sources, or that are commonly eaten. Whilst all reasonable steps have been taken to ensure the accuracy of the list, to the fullest extent permitted by Australian law Dairy Australia disclaims all liability for any inadvertent errors, whether typographical or otherwise. While the list may give an estimate of your calcium intake, it should not be relied upon for an accurate assessment of dietary calcium intake. For a comprehensive dietary assessment consumers should consult with an Accredited Practising Dietitian."

	Food	Serving Size	Calcium Content (mg)
 Coffee	Cappuccino, regular	255ml (small take away cup)	150
	Latte or flat white, low fat	255ml (small take away cup)	174
 Skim milk powder	Skim milk powder	¼ cup	313
 Egg	Egg, boiled	1 large egg	23
 Vegetables	Broccoli, cooked	½ cup	27
	Spinach	1 cup	20
	Silver beet	1 cup	35
 Pasta	Wholemeal, cooked	½ cup	19
	White, cooked	½ cup	8
 Soy products	Soy beans	100g	76
	Soy milk, unfortified	250ml (1 cup)	33
	Soy milk, fortified	250ml (1 cup)	298
	Soy cheese	40g	180
	Tofu, raw	½ cup	310
 Legumes, nuts & seeds	Lentils, dry, cooked, no fat	½ cup	16
	Sesame seeds	30g	19
	Baked beans	130g (small tin)	52
	Tahini	1 tablespoon	66
	Almonds	¼ cup	95
 Meat & fish	Rump steak, grilled & trimmed	100g	6
	Lamb chop, grilled & trimmed	100g	11
	Chicken, BBQ with skin	100g	10
	Salmon, red, canned	80g (small can)	180
	Tuna, canned	80g (small can)	10

	Food	Serving Size	Calcium Content (mg)
 Fruit	Apple, red	130g (1 medium)	7
	Banana	100g (1 medium)	5
	Orange	130g (1 medium)	33
	Apricots, dried	¼ cup	23
 Bread	White	1 slice	16
	Wholemeal	1 slice	29

This calcium content list is based on NUTTAB 2010 (Food Standards Australia New Zealand, 2011); The University of New South Wales; Professor Heather Greenfield and co-workers at the University of New South Wales; *Tables of composition of Australian Aboriginal Foods* (J Brand-Miller, KW James and PMA Maggioro).

"There are limitations associated with food composition databases. Nutrient data published in NUTTAB 2010 may represent an average of the nutrient content of a particular sample of foods and ingredients, determined at a particular time. The nutrient composition of foods and ingredients can vary substantially between batches and brands because of a number of factors, including changes in season, changes in formulation, processing practices and ingredient source. While most of the data contained in NUTTAB 2010 are generated from analysed values, some of the data are borrowed from overseas food composition tables; supplied by the food industry; taken from food labels; imputed from similar foods; or calculated using a recipe approach."

References

Food Standards Australia New Zealand. (2011) NUTTAB 2010 – Australian Food Composition Tables. Canberra: Food Standards Australia New Zealand, viewed 29 April 2011, <<http://www.foodstandards.gov.au/consumerinformation/nuttab2010/>>

"This list includes a small number of foods that are rich calcium sources, or that are commonly eaten. Whilst all reasonable steps have been taken to ensure the accuracy of the list, to the fullest extent permitted by Australian law Dairy Australia disclaims all liability for any inadvertent errors, whether typographical or otherwise. While the list may give an estimate of your calcium intake, it should not be relied upon for an accurate assessment of dietary calcium intake. For a comprehensive dietary assessment consumers should consult with an Accredited Practising Dietitian."

Dairy Australia Limited ABN 60 105 227 987. Level 5, IBM Centre, 60 City Road, Southbank, Victoria 3006 Australia.
T +61 3 9694 3777 F +61 3 9694 3888 www.dairyaustralia.com.au Copyright Dairy Australia 2011. All rights reserved.
S&H 09/11 DAIHE0005