

Use the calculator below to see if you are eating enough calcium.

Adults need between 700mg- 1000mg /day.

**Foods providing around 50mg of calcium per average portion**

Plain yoghurt	1 tablespoon (40g)
Fortified fromage frais	1 'mini' pot (47g)
Muesli Swiss style	1 portion (50g)
Bread (white)	1 medium slice (36g)
Bread (wholemeal)	1 thick slice (44g)
Green or French beans	1 portion (90g)
Green cabbage	1 portion (95g)
White cabbage (raw)	1 portion (90g)
Broccoli (steamed)	1 large portions (110g)
Watercress	1 small bag (40g)
Fried onion	1 medium sized (150g)
Tinned tomatoes	1 tin (400g)
Red kidney beans	2 tablespoons (70g)
Vegetable casserole	1 portion (260g)
Veggie burger	1 (56g)
Vegetable samosa	1 (75g)
Pasta (dried, boiled)	1 portion (230g cooked Weight)
Rice (basmati, boiled)	10 heaped tablespoons
Dairy or non-dairy ice cream	1 scoop (60g)
Dried apricots 8 (64g)	8(64g)
Orange / easy-peel citrus (e.g. tangerines, satsumas)	1 large orange (50g) / 3 medium easy-peelers (210g)
Almonds	10 Whole Nuts (22g)
Brazil Nuts	9 Whole Nuts (30g)

**Foods providing around 300mg of calcium per average portion**

Edam / Gouda	1 portion (40g)
Paneer cheese	1 portion (60g)
Parmesan cheese	1 portion (30g)
Cheese omelette	1 portion (120g)
Quiche (cheese and egg)	1 portion (140g)
Macaroni cheese	1 portion (220g)



**Foods providing around 100mg of calcium per average portion**

Cottage cheese	2 tablespoon (80g)
Camembert	1 portion (40g = 1/6th of whole)
White pitta bread	1 small (75g)
Plain naan bread	1/3 (43g)
Baked beans	1 small tin (200g)
Cornish pasty	1 medium size (155g)
Sausages (pork or vegetarian)	2 (80g)
Tahini (sesame paste)	1 heaped teaspoon (19g)
Sesame seeds	1 tablespoons (12g)
Tinned pink salmon	1 small tin (105g)
Grilled herring	1 (119g)
Custard (ready made)	1 portion (120g)
Dried figs	2 (40g)



**Foods providing around 200mg of calcium per average portion**

Milk or milk drink e.g. hot chocolate (skimmed/ semi-skimmed/whole)	1 tumbler or mug (200ml)
Soya milk (calcium boosted)	1 tumbler or mug (200ml)
Cheddar cheese & low-fat hard cheese	Small matchbox size (30g)
Yoghurt (low-fat fruit, plain & calcium boosted soya)	1 pot (125g)
Porridge (made with semi-skimmed milk)	1 bowl (160g – weight with milk)
Halloumi	2 thin slices (35g)
Cauliflower cheese	1 portion (200g)
Lasagne (meal for one, vegetable or meat)	1 portion (290g)
Pizza 12”(cheese & tomato, vegetarian ¼ of the whole or meat topping)	
Tofu (steamed or fried)	1 portion (120g)
Sardines (canned)	1 portion (50g)
Rice pudding	1 portion (200g)

There are a number of lifestyle measures that are also important in treating osteoporosis. They include:

- Weight-bearing exercise and muscle strengthening exercises.
- Keeping a healthy weight and body mass index (BMI)-can be calculated on the NHS website.
- Taking a vitamin D supplement. Usual dose is 20mcg or 800units daily.
- Not smoking.
- Keeping any alcohol drinking to within the recommended limits (14 units/week).
- See website : <https://theros.org.uk/> for more information
- This is a useful online Calcium calculator as well: <http://www.cgem.ed.ac.uk/research/rheumatological/calcium-calculator/>