

THE CALCIUM CONTENT OF SELECTED FOODS

| FOOD | STD SERVING SIZE | CALCIUM (MG) | KILOJOULES |
|---------------------------|-------------------|--------------|------------|
| Rump Steak (lean) | 100g | 5 | 883 |
| Apples | 1 medium (156g) | 7 | 323 |
| Lamb Chop (lean) | 100g | 8 | 1000 |
| Bread - mixed grain | 30g (slice) | 15 | 272 |
| Bread - wholemeal | 30g (slice) | 16 | 282 |
| Chicken - roasted no skin | 100g | 16 | 783 |
| Broccoli | 60g | 18 | 61 |
| Strawberries | 1 cup (145g) | 19 | 118 |
| Eggs - boiled | 1 large (48g) | 21 | 303 |
| Baked Beans | 100g | 34 | 285 |
| Oranges | 1 medium (122g) | 35 | 190 |
| Apricots - dried | 50g | 35 | 410 |
| Spinach | 100g | 50 | 80 |
| Tahini | 20g (1 tbsp) | 65 | 520 |
| Soy beans (boiled) | 100g | 76 | 540 |
| Custard | 100g | 100 | 393 |
| Almonds | 50g | 110 | 1235 |
| Ice Cream | 100g | 133 | 800 |
| Tofu (calcium set) | 100g | 150 | 479 |
| Salmon - tinned, red | 100g | 220 | 814 |
| Sardines - canned | 100g | 380 | 951 |
| Cheese - mild | 40g (piece) | 300 | 676 |
| Cheddar (reduced fat) | 40g (2 slices) | 323 | 548 |
| Cheddar Cheese | 40g (2 slices) | 327 | 575 |
| Yogurt - Low fat | 200g (std tub) | 316 | 738 |
| Yogurt - Plain | 200g (std tub) | 390 | 716 |
| Milk - Regular | 250ml (std glass) | 285 | 698 |
| Milk - Reduced Fat (1%) | 250ml (std glass) | 352 | 525 |
| Milk - Skim | 250ml (std glass) | 320 | 377 |
| Milk - Calcium Fortified | 250ml (std glass) | 353 | 523 |