

Calcium Rich Foods

DAIRY PRODUCTS	
<i><u>Drinks, per 200ml</u></i>	
<i>Cow's milk, full cream</i>	<i>236mg</i>
<i>Cow's milk, low fat</i>	<i>240mg</i>
<i>Sheep's milk</i>	<i>380mg</i>
<i>Goat's milk</i>	<i>134mg</i>
<i>Plain yoghurt, full fat</i>	<i>160mg</i>
<i>Plain yoghurt, low fat</i>	<i>190mg</i>
<i>Hard cheese</i>	<i>800mg</i>
<i>(eg. Cheddar, parmesan, gruyere)</i>	
<i>Fresh cheese</i>	<i>69mg</i>
<i>(eg. Cottage, ricotta, marscapone)</i>	
<i>Soft cheese</i>	<i>400mg</i>
<i>Feta</i>	<i>450mg</i>
<i>Cream, full fat, 100ml</i>	<i>70mg</i>
<i>Ice cream, per 100g</i>	<i>124mg</i>
<i>Custard, per 100g</i>	<i>108mg</i>
FRUIT, 100g raw	
<i>Dried figs</i>	<i>160mg</i>
<i>Orange</i>	<i>40mg</i>
<i>Banana</i>	<i>8mg</i>
NUTS & SEEDS, 30mg serve	
<i>Almonds</i>	<i>75mg</i>
<i>Hazelnuts</i>	<i>56mg</i>
<i>Tahini paste (sesame)</i>	<i>42mg</i>
<i>Brazil nuts</i>	<i>28mg</i>
<i>Chia seeds</i>	<i>180mg</i>
<i>Sunflower seeds</i>	<i>24mg</i>

MEAT, FISH & EGGS	
<i><u>Per 100g</u></i>	
<i>Lean beef</i>	<i>18mg</i>
<i>Chicken breast</i>	<i>15mg</i>
<i>Fish (eg. Cod, Barramundi)</i>	<i>14mg</i>
<i>Tuna, canned</i>	<i>28mg</i>
<i>Salmon, canned with bones</i>	<i>200mg</i>
LEGUMES, 80g raw/200g cooked	
<i>Black beans</i>	<i>98mg</i>
<i>Lentils</i>	<i>40mg</i>
<i>Chick peas</i>	<i>99mg</i>
<i>White beans</i>	<i>132mg</i>
<i>Red kidney beans</i>	<i>93mg</i>
VEGETABLES, 100g cooked	
<i>Dark leafy greens</i>	<i>95-135mg</i>
<i>Peas in pods</i>	<i>59mg</i>
<i>Butternut squash</i>	<i>41mg</i>
<i>Parsley, 100g raw</i>	<i>138mg</i>
<i>Sweet potatoes</i>	<i>30mg</i>
<i>Green beans</i>	<i>44mg</i>
<i>Cabbage</i>	<i>48mg</i>
<i>Broccoli</i>	<i>40mg</i>
<i>Carrots</i>	<i>30mg</i>
OTHER	
<i>Tofu</i>	<i>102mg</i>
<i>Seaweed</i>	<i>70mg</i>
<i>Wakame</i>	<i>150mg</i>