

My calcium-rich foods reminder



Tofu (calcium-set)
100g – 200-400mg



Kale
1 cup (118g), cooked – 177mg



Edamame (soya beans)
10 tbsp (110g), shelled – 163mg



Plant milks (fortified)
100ml – 120mg



Spring greens
60g, cooked – 120mg



Bread (wholemeal)
2 medium slices – 116mg



Bok choy
10 tbsp, cooked (110g) – 99mg



Butternut squash
1 cup, cubed (205g) – 84mg



Almonds
28g (small handful) – 76mg



Fennel
100g, cooked – 74mg



White cabbage
1 cup, cooked (150g) – 72mg



Baked beans (haricot)
½ can – 70mg



Figs (dried)
5 figs – 68mg



Blackstrap molasses
1 tsp – 67mg



Sesame seeds (eg in tahini and hummus)
1 tbsp of tahini – 64mg



Chia seeds
1 tbsp – 63mg



Kidney beans
10 tbsp (110g) – 63mg



Broccoli
1 cup, cooked – 62mg



Blackcurrants
100g – 60mg



Green beans
1 cup (125g), cooked – 55mg



Oranges
1 medium – 52mg



Chickpeas
10 tbsp, cooked – 50mg



Grapefruit
1 small – 44mg



Oats
1 cup (80g) – 42mg



Rocket
1 cup (20g) – 32mg



Apricots (dried)
8 apricots – 31mg



Blackberries
100g – 29mg



Watercress
20g (a handful) – 26mg

TOP TIP!

Vitamin D is made by sunlight on the skin and is needed for calcium absorption. If you live in the UK, take a vitamin D supplement from October to April

Other good sources

Soya yoghurt 120mg of calcium per 100g;
Okra (cooked) 82mg per 10 pods;
Butter beans 54mg per cup (170g);
Tangerine/satsuma 33mg per 1 medium fruit;
Walnuts 28mg per 28g (a small handful);
Hummus 25mg per 4 tbsp (60g);
Lentils (cooked) 24mg per 10 tbsp (120g);
Cauliflower (cooked) 20mg per cup of pieces;
Flaxseed (ground) 18mg per 1 tbsp

How much should I eat each day?

700MG