

Fact Sheet 24 Calcium

Calcium requirements

The requirements for calcium in Australia and New Zealand have been recently re-evaluated and new levels set dependant on age

Age and gender	Estimated Average Requirement (EAR) mg/d	Recommended Dietary Intake (RDI) mg/d	Adequate intake (AI) mg/d
0-6 months	-	-	210
7-12 months	-	-	270
1-3 yrs	360	500	-
4-8 yrs	520	700	
Boys			
9-11	800	1000	
12-13	1050	1300	
14-18	1050	1300	
Girls			
9-11	800	1000	
12-13	1050	1300	
14-18	1050	1300	
Adults -Men			
19-30	840	1000	
31-50	840	1000	
51-70	840	1000	
>70	1100	1300	
Adults – females			
19-30	840	1000	
31-50	840	1000	
51-70	1100	1300	
>70	1100	1300	
Pregnancy			
14-18	1050	1300	
19-30	840	1000	
31-50	840	1000	
Lactation			
14-18	1050	1300	
19-30	840	1000	
31-50	840	1000	

Calcium requirements taken from: Nutrient reference Values for Australia and New Zealand, NHMRC, 2006

The recommendations for daily calcium intake are shown in the table above. A further simplistic recommendation to assist in meeting this need is to include 3 portions of dairy foods daily.

One glass of milk = 200 mls = 300mg Calcium

Calcium sources in food

Food	Volume (mls/g)	Calcium (mg)	comments
Whole milk	250	290	
Skim milk	250	290	
Flavoured milk	250	290	
Powdered milk	24 g (3 tbspn)	300	
Cheddar cheese	30	215	
Mozzarella cheese	30	182	
Parmesan cheese	30	336	
Feta cheese	30	97	Or soft farm cheese used more frequently by other cultures
Ricotta cheese	30	69	
Yogurt	200	470	
Labneh	10	35	Spreadable yogurt used in Middle East
Doogh			Carbonated yogurt drink
Kashk	20	22	Dried dairy product
Qoroot			Dried yogurt, reconstituted for use in cooking
Grape vine leaves	50 (3 leaves)	58	Used for dolmas
Calcium fortified tofu	80 (3 cubes)	256	
Tahini	10 (1 tbspn)	66	Used as a sweet or spread, Tahina with cinnamon added.
Fish with bones	75	265	e.g. Sardines and salmon
Prawns	135 (1cup)	108	
Mussels	50 (6 whole)	87	
Fish paste	10 (1 tbspn)	44	
Dried figs	50g (3 pieces)	100	Eaten frequently as snacks
Dried apricots	35 (10 halves)	25	
Dates	50 (4 pieces)	24	
Nuts	30	20-66	Especially almond and brazil nuts
Okra	45 (½ cup)	37	
Broccoli	45 (½ cup)	17	
Legumes	90 (½ cup)	30-85	Soy beans, kidney beans and chickpeas
Orange	122g (1 fruit)	30	
Bok Choy	60 (½ cup)	32	
Silverbeet	25 (½ cup)	22	Used extensively in cooking in place of traditional leaves not available in Australia
Spinach	25 (½ cup)	17	
Watercress	25 (2 tbspn)	21	