

## Mains sources of calcium

### Daily recommended amount :

- Women after 30 yearsold : 1000mg
- During pregnancy and breasfeeding : 1200mg
- Duringmenopause : 1500mg

### Dairyproducts :

- |                          |          |                         |          |
|--------------------------|----------|-------------------------|----------|
| - Whole milk (100ml)     | = 118mg  | - Cottage cheese (100g) | = 94 mg  |
| - Skimmedmilk (100ml)    | = 121mg  | - Edam cheese (100g)    | = 850 mg |
| - Condensed milk (100ml) | = 262mg  | - Yogourt (100ml)       | = 120 mg |
| - Whole milk (1L)        | = 1180mg | - Sour cream (100ml)    | = 102 mg |
| - Cheddar cheese (100g)  | = 750mg  | - Ice cream (100ml)     | = 146 mg |

### Cereal (100g or ½ cup) :

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|---------------|----------|
| - Buckwheat   | = 114 mg |
| - Whole oats  | = 55 mg  |
| - Oats flakes | = 53 mg  |
| - Whole wheat | = 36 mg  |
| - Barley      | = 34 mg  |

### Beans (leguminous) (100g cooked) :

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|------------------|----------|
| - Chickpea       | = 150 mg |
| - Raw soja beans | = 135 mg |
| - Tofu           | = 128 mg |
| - Whole lentil   | = 79 mg  |

### Seeds and nuts (100g) :

- |                    |           |                  |          |
|--------------------|-----------|------------------|----------|
| - Sesame seeds     | = 1160 mg | - Brasil nut     | = 186 mg |
| - Almond with skin | = 234 mg  | - Sunflower seed | = 120 mg |
| - Hazelnut         | = 209 mg  | - Nuts           | = 99 mg  |

### Fish and seafood (100g) :

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|------------|----------|
| - Sardines | = 437 mg |
| - Clam     | = 80 mg  |
| - Oyster   | = 94 mg  |

### Eggs (100g) :

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|-------------|---------|
| - Whole egg | = 54 mg |
| - Duck egg  | = 56 mg |

### Vegetables (100g or 1 cup) :

- Parsley	= 203 mg	- Watercress	= 90 mg
- Green cabbage	= 203 mg	- Endive (chicory)	= 81 mg
- Kale	= 179mg	- Lettuce	= 68 mg
- Eggplant	= 185 mg	- Celery	= 39 mg
- Cauliflower	= 103 mg	- Brussels sprout	= 36 mg
- Fennel	= 100mg		
- Spinach	= 93 mg		

### Fruits (100g) :

- Dry grapes	= 62 mg
- Dates	= 59 mg
- Dry prunes	= 51 mg
- Figs	= 35 mg
- 1 orange or 2 tangerines	= 40 mg

### Seaweed (100g) :

- Hijiki	= 1400 mg
- Walkame	= 1300 mg
- Arame	= 1170 mg
- Varech	= 1093 mg
- Dulse	= 567 mg
- Agar-Agar	= 400 mg
- Nori	= 260 mg

### Seasonings :

- Soya sauce (tamari)	= 80 mg
- Tekka-miso	= 150 mg

Dosages recommended here are higher compare to those of the Canadian Expert's Committee (1983). They rather refer to the last research in field. To be able to take the recommended dose of calcium, you can drink 5 cups of milk a day or equivalents. To help to complete, you can:

- ✓ Add milk powder to many meals : porridge, soups, breads or muffins recipes, béchamel sauce. (*4 tablespoons contain the same amount of calcium then a little glass of milk*);
- ✓ Replace butter by grated cheese on cooked vegetables, cooked meals and soups;
- ✓ Replace a part of the mayonnaise by yogurt, in sauces (There will be less fat);
- ✓ Replace a portion of sugar by black molasses (2 tablespoons are almost equivalent to a big glass of milk);
- ✓ Replace the peanut butter by sesame butter (very rich in calcium);

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- ✓ Use nature almonds to replace walnut or others in recipes.