





# Sources of calcium

Calcium is the most abundant mineral in the body and has many vital roles. It is required to strengthen bones and teeth, regulate muscle contractions, blood clotting, normal heart rhythms and nerve function.

## Recommended Daily Intake (RDI) for calcium

			
19+ male	19+ female	Pregnancy	Lactation
<b>1000 mg/day</b>	<b>1000 mg/day</b>	<b>1000 mg/day</b>	<b>1000 mg/day</b>



Food (serving size)	Calcium (mg)
Cheese, cheddar, regular fat (100g, ½ cup)	763
Sardine, Australian, whole, raw (100g)	725
Prawn, school or wild, raw (100g)	583
Sardines, canned in oil, with bones (110g, 1 tin)	325
Tofu, firm, as purchased (100g)	320
Cheese, feta (feta) (100g, ½ cup)	315
Seaweed, nori, dried (100g 1/8 cup)	310
Soymilk, calcium fortified (1 cup)	299
Milk, cow, regular fat (1 cup)	275
Almonds, raw with skin, unsalted (100g, ¾ cup)	265
Pacific oyster, aquacultured, raw (100g)	229
Yoghurt, natural, regular fat (3%) (125g, ½ cup)	219
Salmon, pink, canned in brine, drained (100g)	191
Snapper fillet, baked (100g)	168
Chinese cabbage, bok choy/pak choi, cooked (110g, 1 cup)	158
Soybeans, cooked (95g, ½ cup)	131
Spinach, boiled, drained (112g, ½ cup)	123
Kale, cooked (118g, 1 cup)	94
Chia seeds (10g, 1 tablespoon)	76
Broccoli, cooked (91g, 1 cup)	62
Figs, dried (40g, ¼ cup)	61
Orange (1 medium)	60
Tahini, sesame seed pulp (15g, 1 tablespoon)	50
Linseed or flaxseed (10g, 1 tablespoon)	26
Psyllium, uncooked (9g, 1 tablespoon)	17

Note: Oxalates and phytic acid in vegetables inhibit the absorption of calcium. Low- and moderate-oxalate vegetables like turnip greens, broccoli, and kale are considered better sources than higher-oxalate vegetables, such as spinach, beet greens, and Swiss chard.