Calcium has several important functions in the body: it helps build strong teeth and bones, plays an essential role in blood clotting and keeps muscles working properly. The current recommended intake of calcium in adults is 700mg per day. Try to have 2 to 3 servings of calcium-rich foods per day to reach the daily target. Calcium deficiency from childhood to early adulthood may lead to osteoporosis later in life. Osteoporosis is a disorder that affects bone strength and therefore increases the risk of fractures. If you have osteoporosis, it is recommended to increase your calcium intake from 700mg to 1000mg per day.

**CALCIUM-RICH FOODS**

<table>
<thead>
<tr>
<th>Milk (semi-skimmed)</th>
<th>Soya Milk (sweetened)</th>
<th>Natural Yogurt</th>
</tr>
</thead>
<tbody>
<tr>
<td>284ml, half pint</td>
<td>284ml, half pint</td>
<td>125g</td>
</tr>
<tr>
<td>13g Carbs</td>
<td>7g Carbs</td>
<td>10g Carbs</td>
</tr>
<tr>
<td>131 Cals</td>
<td>122 Cals</td>
<td>99 Cals</td>
</tr>
<tr>
<td>341mg Calcium</td>
<td>253mg Calcium</td>
<td>250mg Calcium</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tofu (fried)</th>
<th>Cheddar (reduced fat)</th>
<th>Sardines (tinned in brine)</th>
</tr>
</thead>
<tbody>
<tr>
<td>40g</td>
<td>50g</td>
<td>50g, half tin</td>
</tr>
<tr>
<td>1g Carbs</td>
<td>0g Carbs</td>
<td>0g Carbs</td>
</tr>
<tr>
<td>104 Cals</td>
<td>137 Cals</td>
<td>85 Cals</td>
</tr>
<tr>
<td>149mg Calcium</td>
<td>420mg Calcium</td>
<td>270mg Calcium</td>
</tr>
</tbody>
</table>
OTHER GOOD SOURCES OF CALCIUM

Broccoli
- 80g
- 2g Carbs
- 32mg Calcium
- 22 Cals
- 1 5-a-day

Baked Beans
- 200g, half tin
- 30g Carbs
- 162 Cals
- 1 5-a-day
- 106mg Calcium

Okra (boiled)
- 80g
- 2g Carbs
- 96 Cals
- 1 5-a-day
- 67mg Calcium

Figs (dried)
- 30g
- 16g Carbs
- 68 Cals
- 75mg Calcium
- 1 5-a-day

Almonds
- 30g
- 2g Carbs
- 184 Cals
- 72mg Calcium

Sesame Seeds
- 10g
- 0g Carbs
- 60 Cals
- 67mg Calcium

Soya Yogurt
- 125g
- 16g Carbs
- 91 Cals
- 144mg Calcium

White Bread
- 44g, thick slice
- 20g Carbs
- 96 Cals
- 68mg Calcium

Salmon (tinned in brine)
- 85g, half tin
- 0g Carbs
- 136 Cals
- 93mg Calcium