

CALCIUM

GOOD CHOICES... ✓

EACH DAY AIM TO CONSUME 1000MG OF CALCIUM*

300-400mg[^]



SKIM MILK
250ml



LOW FAT
MILK 250ml



BUTTERMILK
250ml



FIRM TOFU 1 CUP



YOGURT 200gm



CANNED
SARDINES X 6



CONDENSED
MILK 250ml



SOY MILK
250ml



EVAPORATED
MILK 250ml



MILK WITH
MILK 250ml

200-300mg[^]



PINK SALMON
WITH BONES 90g



CHEDDAR / TASTY
CHEESE 20gms



MOZZARELLA
20gms



PARMESAN
20gms



RICOTTA
CHEESE 100gms

MILK
250ml



100-200mg[^]



DRIED FIGS x 6



CHEESECAKE 1 Slice



CAPPUCCINO / LATTE/
FLAT WHITE COFFEE 200ml



RED SALMON
WITH BONES 90gm



MUSSELS 100gms



SNAPPER 100gms



OYSTERS 100gms

< 100mg[^]



COTTAGE CHEESE
100gms



CREAM CHEESE
100gms



CREAM / SOUR
CREAM 100gms



CUSTARD
100ml



ICECREAM
2 scoops



ALMONDS x 10



BRAZIL NUTS x 10



SOYBEANS
200gms



CHICKPEA
200gms



SILKEN TOFU
1 Cup



PARSLEY/
TABOULLI 1 tbsp



ASIAN GREENS
1 Cup



BROCCOLI
2 Florets



SILVERBEET
1 Cup

*the average adult Recommended Daily Intake for calcium is 1000mg/day