



foodwise

Calcium

FACT During the teen years, your bones are growing and forming. Calcium is needed to build peak bone mass. It strengthens the skeleton and helps prevent osteoporosis later in life.

Building strong bones

To build strong bones your body needs calcium from food, vitamin D from sunlight and regular weight bearing exercise, e.g. walking, running, dancing.

Why is calcium important?

Calcium makes your bones and teeth strong. It's also used for blood clotting, and muscle and nerve function.

How much calcium do I need?

AGE	CALCIUM (mg/day)
Girls 12–18 years	1300
Boys 12–18 years	1300

Where do I get it?

The best sources of calcium are dairy foods such as milk, cheese and yoghurt. Calcium fortified soy drinks and soy yoghurt are also excellent sources. Other foods contain calcium but in smaller amounts. See over page for more ideas.

If you are unable to consume 3–4 serves of dairy foods or fortified soy products each day, you may need a calcium supplement.




2 CUPS
Milk
(2 SERVES)

1 TUB
Yoghurt
(1 SERVE)

2 SLICES
Cheese
(1 SERVE)

Calcium



Sources of calcium

FOOD	CALCIUM (mg)
1 cup regular milk	270
1 cup reduced fat milk	270
1 cup reduced fat soy drink (calcium added)	300
1 slice (20g) cheddar cheese	150
20g reduced fat ricotta cheese	45
1 tablespoon powdered skim milk	105
1 scoop ice cream	40
200g yoghurt, fruit	220
200g yoghurt, natural	245
60ml Fromage Frais	90
30g almonds	70
100g tofu	80–320
100g fish without bones	35
100g salmon, canned with bones	200
1 cup dark green leafy vegetables, e.g. bok choy, spinach	80
1 cup cooked broccoli	45

What if I'm lactose intolerant?

If you're lactose intolerant, try lactose free dairy products and calcium fortified soy drinks. Hard cheese and yoghurt contain small amounts of lactose and may be tolerated.



Ways to increase calcium intake

- Bowl of cereal with milk
- Reduced fat smoothie made with milk and yoghurt
- Cheese and crackers with veggie sticks
- Small handful of almonds
- Tub of reduced fat yoghurt
- Glass of reduced fat milk or soy drink
- Sandwich or wrap with cheese and salad
- Cheese and tomato toasted sandwich
- Canned salmon (with bones) and 2 minute noodles
- Grated cheese on mini pizzas (use English muffins)
- Dairy desserts like custard or ice cream
- Leafy greens in a stir fry.



Where can I find out more information?

HERE ARE 3 WAYS:

1. **TALK** to your GP
2. **MAKE A FREE APPOINTMENT** with an ACT Health Community Dietitian by phoning **6207 9977**
3. **CHECK OUT** more Foodwise factsheets at www.health.act.gov.au

