

Calcium: Why and where do I find it?

Most people know that calcium is essential for our bones and teeth however calcium is equally important for many more functions in the body.

Calcium is essential for nerve conduction, muscle contractions, blood coagulation, our heart beat, hormone distribution, optimal immune system function and energy production.

Australian recommended dietary intake of *calcium per day*

Adults: 1000mg **Infants:** 1-3yr- 500mg **Pregnancy:** 1200mg
Children: 1000-1200mg 4-8yr- 700mg **Lactation:** 1200mg

	Content	per serve
Seafood		
Anchovy, Canned In Oil, Drained	167mg	100g / ⅓ cup
Fish Paste Or Spread	220mg	50g
Salmon, Australian, Canned In Water	334mg	100g/1 can
Sardine, Water, No Added Salt, Drained	540mg	100g / 4 fish
Mussel, Green, Steamed Or Boiled	173mg	100g / 4 mussels
Vegetables		
Cabbage, Bok Choy, Stir-Fried	123mg	100g / ½ cup
Spinach, Frozen, Boiled, Drained	170mg	100g / ½ cup
Basil, Green, Raw	115mg	50g
Parsley, Curly, Raw	122mg	50g
Herbs & Spices		
Cinnamon-dried	125mg	1g / 1Tbsp
Oregano-dried	125mg	1g / 1Tbsp
Dairy		
Cheese, Camembert	242mg	50g
Cheese, Edam, Full Fat	420mg	50g
Cheese, Feta (Fetta), Sheep & Cow Milk	162mg	50g
Cheese, Parmesan	560mg	50g
Yoghurt, Unflavoured (Natural), Low Fat	235mg	100g / ½ cup
Snacks		
Carob bar	185mg	50g / small bar
Fig, Dried	100mg	50g
Tahini, Sesame Seed Pulp	165mg	50g / 2 Tbsp
Almond, With Skin	250mg	100g / 1 handful
Other		
Wheatgerm	100mg	100g / ½ cup
Bean, Soya, Dried, Boiled, Cooked	76mg	100g / ½ cup
Lecithin, Soy, Granules	60mg	50g / 2 Tbsp
Tofu (Soy Bean Curd), Firm, As Purchased	320mg	100g / ⅓ cup