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## Calcium information sheet

The calcium needs of different age groups

Group	Age	Calcium Intake (mg)
Infants	0-12 months	1100
Children	1-18 yrs	1200
Men	19+ yrs	300-500
Woman	19+ yrs	700-1200
Pregnant		1100
Lactating		1200
Post Menopause		1300

### Foods High in Calcium

Food	Serving Size	Calcium Content (mg)	Kilojoules
Milk -whole	250ml	310	707
-skim	250ml	340	369
-reduced fat	250ml	350	606
-low fat	250ml	380	382
Yoghurt		330	650
-plain	1(250g)tub		
-plain, low fat	1(250g)tub	360	442
-fruit	1(250g)tub	330	826
Cheese		275	589
Cheddar	35g		
Edam	35g	300	526
Parmesan	35g	380	704
Ice cream	100g	140	704
Sogood	100ml	116	260
Fish Paste	100g	400	641
Sardines tinned	100g	460	1280
King prawns cooked	100g	135	436
Salmon tinned	100g	95	649
Frozen spinach	100g	170	90
Silver beet	100g	50	78
Soy bean, dried	100g	180	384
Haricot bean, dried	100g	150	1050
Dried Figs	100g	200	968
Pumpnickel bread	100g	112	766
Tahina sesame seed paste	100g	1160	2610
Almonds	50g	125	1168

If your diet is low in calcium containing foods and you are unable to increase them calcium supplementation may be required and may be essential for those in the growing years of life. For the older person years of low calcium intake is a major contributing factor to the development of osteoporosis.