

## Food Sources of Calcium and Vitamin D

### What is calcium and vitamin D?

Calcium is one of the many minerals that you need to be healthy. Calcium is very important to ensure strong, healthy bones and teeth. It also helps muscles and nerves to work properly. In addition, calcium may help you to manage your weight and blood pressure, and play a role in preventing colon cancer. Vitamin D helps you to absorb and use calcium and has other health benefits.

### How much calcium and vitamin D do I need?

#### Recommended Calcium Intake<sup>1</sup>

Age (Male and Female)	
0-6 months	210 mg/day
7-12 months	270 mg/day
1-3 years	500 mg/day
4-8 years	800 mg/day
9-19 years	1300 mg/day
19-50 years	1000 mg/day
Over 50 years	1200 mg/day

#### Recommended Vitamin D Intake<sup>1</sup>

Age (Male and Female)	
0-1 year	400 IU/day
1-50 years	200 IU/day
51-70 years	400 IU/day
Over 70 years	600 IU/day

<sup>1</sup> People with osteoporosis may need more calcium and vitamin D. Check with your doctor.

### What foods contain calcium?

Breastfeeding is the best way to meet your baby's calcium needs. Infant formula provides calcium for babies who cannot be breastfed.

Dairy foods are very high in calcium, especially milk, yogurt and cheese. Other good sources include calcium-enriched orange juice, rice beverages, and soy beverages. For more information, see Food Sources of Calcium below.

### What foods contain vitamin D?

There are only a few food sources of vitamin D. Good sources of vitamin D are fortified foods and beverages like milk, soy drinks, and margarine. Check the labels on these foods. Fish, liver, and egg yolk are the only foods that naturally contain vitamin D.

If you do not eat vitamin D rich foods often, you may want to consider taking a vitamin D supplement. Most multiple vitamin supplements contain vitamin D. Breastfed babies under 1 year of age need 400 IU of vitamin D from a supplement each day. People over 50 need extra vitamin D and should take 400 IU from a supplement each day.

#### Food Sources of Vitamin D

Food	Serving	Vitamin D (IU)
Milk	1 cup	100
Fortified rice or soy beverage	1 cup	80
Fortified orange juice	1/2 cup	45
Fortified margarine	2 tsp	51
Egg yolk	1	25
Herring or trout, cooked	75 g	156
Mackerel, cooked	75 g	80
Salmon, Atlantic, cooked	75 g	225
Salmon, canned or cooked*	75 g	608
Sardines, Atlantic, canned	75 g	70
Sardines, Pacific, canned	75 g	360
Tuna, canned, light or white	75 g	41
Tuna, canned, yellowfin (albacore, ahi)	75 g	105
Tuna, skipjack, cooked	75 g	381
Tuna, bluefin, cooked	75 g	690

\* includes Chinook, Coho, Humpback (pink), Sockeye

### What if I do not eat dairy foods?

Every day, choose a variety of foods from the Food Sources of Calcium list below. Plan your food choices carefully. If you find it difficult to get the recommended amounts of calcium and vitamin D from foods, a combination of food sources and supplements is recommended.

## Food Sources of Calcium

Dairy Foods	Serving	calcium (mg)
Milk, with added calcium	1 cup	430
Milk, whole, 2%, 1% skim	1 cup	300
Milk, evaporated	1/2 cup	367
Cheese, hard	50 gm	360 (average)*
Processed cheese spread	4 Tbsp	348
Cheese, processed slices	50 gm	276
Cottage cheese, 1 or 2%	2 cups	310
Cottage cheese, <0.1%	2 cups	156
Yogurt, plain	3/4 cup	290 (average)*
Yogurt, fruit bottom	3/4 cup	233 (average)*
Frozen yogurt, soft serve	1 cup	218
Ice cream	1 cup	194

\*calcium content varies, check label

### Beans and Bean Products

Tofu, medium firm or firm, made with calcium sulphate	150 gm	347
Tofu, firm, made with calcium sulphate and magnesium chloride	150 gm	234
White beans	3/4 cup	119
Navy beans	3/4 cup	93
Black turtle beans	3/4 cup	75
Pinto beans, chickpeas	3/4 cup	58

### Nuts and Seeds

Tahini (sesame seed butter)	2 Tbsp	130
Almonds, dry roast	1/4 cup	93
Almond butter	2 Tbsp	88
Sesame seeds kernels, dried	1/4 cup	50

### Meats, Fish, and Poultry

Sardines, Atlantic, canned with bones	75 gm	286
Sardines, Pacific, canned with bones	75 gm	180
Salmon, canned with bones	75 gm	208

### Grains

Bannock	1 med	84
Oats, instant, regular, no sugar added	1pouch	165

Non Dairy Drinks	Serving	calcium (mg)
Fortified rice or soy beverage	1 cup	319**
Orange juice fortified with calcium and vitamin D	1/2 cup	165
Regular soy beverage	1 cup	110

\*\*added calcium sometimes settles at the bottom of the container; shake well before drinking

### Vegetables (all measures for cooked vegetables)

Turnip greens	1/2 cup	104
Chinese cabbage/bok choy	1/2 cup	84
Okra, frozen	1/2 cup	65
Mustard greens	1/2 cup	55
Kale	1/2 cup	49
Chinese broccoli (gai lan)	1/2 cup	46
Rutabaga	1/2 cup	43
Broccoli	1/2 cup	33

### Fruit

Orange	1 med	52
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### Other

Brown sugar	1 cup	198
Blackstrap molasses	1Tbsp	179
Regular molasses	1Tbsp	44

### Asian Foods

Dried fish, smelt	35 gm	560
Soy bean curd slab, semisoft	100 gm	308
Daylily flower	100 gm	303
Sea cucumber, fresh	100 gm	285
Soy bean milk film, stick shape	100 gm	77
Seaweed, Wakame, raw	1/2 cup	63
Seaweed, dried (agar)	1/2 cup	50
Fat-choy, dried	1/4 cup	50
Soy bean milk film, dried	100 gm	48
Boiled bone soup	1/2 cup	negligible

For more information, see the following BC HealthFiles:

[#69c Baby's First Foods](#)

[#68k Vitamin and Mineral Supplements for Adults](#)

For more nutrition information, contact your community nutritionist, or Dial-A-Dietitian at 604-732-9191 or 1-800-667-3438 to speak to a registered dietitian.



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