

## Calcium Requirements for Older Adults

Current research shows that older adults have **increased** calcium requirements.

### Recommended Daily Intakes (RDIs) for Calcium – NHMRC 2006

Category	Age	Calcium
Women	31-50yrs	1000mg
	51-70 yrs	1300mg
	>70 yrs	1300mg
Men	31-50yrs	1000mg
	51-70yrs	1000mg
	70yrs	1300mg

Dairy products and fortified-soy products are the best sources of dietary calcium. It is recommended that older adults consume **3 - 4 serves of dairy or calcium-fortified soy products each day** as part of a varied diet.

**1 serve (approx 300mg calcium) =**

- = 250ml cow's milk or calcium fortified soy milk
- = 35g cheese (2 slices)
- = 200g yoghurt (1 small tub)

## FOOD SOURCES OF CALCIUM

**Check your daily Calcium intake using the table below**

Beverages	mg Calcium	Dairy Products	mg Calcium
Milk, Physical 250ml	438	Yoghurt,	
Physical, no fat 250ml	438	Nestle Activ + calcium, 150g	430
Pura Tone (no fat) 250ml	413	Yoplait Lite (vanilla), 200g	340
Pura Light Start 250ml	400	Vaalia, 200g	338
Pura Edge 250ml	400	Bulla Light 'n' Healthy, 200g	320
Devondale Point One (UHT) 250ml	400	Ski D'Lite, vanilla, 200g	316
Milk, REV 250ml	375	So Natural Soy Yoghurt, 200g	300
Skinny milk, 250ml	373	Fruche, light, 200g	198
Ideal Dairy Soy Fresh 250ml	370	plain, 200g	148
Safeway, light 250ml	355	Cheese, cheddar, low fat, 30g	314
Big M (chocolate) 300ml	342	mozzarella, 30g	263
Buttermilk (Dairy Farmers) 250ml	312	singles (Kraft), 21g	240
Home Brand Full Cream(UHT) 250ml	300	cheddar, plain 30g	233
Sungold soydrink, 250ml	300	camembert, 30g	144
So Natural Soy Milk 250ml	300	processed, 1 slice	131
Soy Life (no fat) 250ml	300	feta, 40g	130
Sanitarium Organic Soy 250ml	300	ricotta, 40g	90
Pura milk 250ml	295	cottage, 40g	29
Devondale Full cream (UHT) 250ml	293	Yoplait Le Rice, 180g	175
Sanitarium So Good, 250ml	290	Paul's Trim Custard, 100ml	160
Bulla drinking yoghurt 200ml	260	Dairy Farmers Custard, 100ml	96
VitaSoy Calci-Plus 200ml	240	Ski Light Fr. Yoghurt, 100ml	155
Aust. Fresh OJ (+ Calcium) 200ml	200	Ice-cream, 50g (2 scoops)	60
Brekky Juice (+ Calcium) 200ml	200	Cream, thick, 20g	13
Jalna drinking yoghurt 200ml	200	Butter, 1tbsp	4

<b>Meat, Eggs &amp; Fish</b>	<b>mg Calcium</b>	<b>Beans &amp; Nuts</b>	<b>mg Calcium</b>
Sardines, canned in oil 100g	300	Tofu, ckd 100g	90 –330*
Salmon, pink, canned 100g	289	Almonds, raw, 25 nuts	70
Oysters, raw 12	240	Soya beans, drained 130g	69
Prawns, King ckd 1 serve	220	Baked beans, 130g	44
Salmon, red, canned 100g	207	Walnuts, 1 serve	27
Fish, 1 fillet	30	Sunflower seeds, 20g	20
Scallops, ckd 6	26	Peanuts, 30g	17
Egg, boiled 1	22	Sesame seeds, 20g	12
Red or white meat, av. serve	15	Cashews, 30g	11
Tuna, canned 100g	8	Coconut milk, canned 200ml	8

<b>Vegetables</b>	<b>mg Calcium</b>	<b>Fruit</b>	<b>mg Calcium</b>
Silverbeet, 1 serve, 115g	78	Honeydew Melon, 1 cup	70
Spinach, 1 serve, 100g	62	Orange, 1 medium	38
Olives, 1 serve (~10)	39	Grapes, green, 1 cup	21
Cabbage, 1 serve, 90g	31	Rhubarb, stewed, 100g	19
Broccoli, 1 cup, 100g	30	Fruit juice, 200ml	17
Pumpkin, 100g	29	Strawberries, ½ punnet	16
Beans, green, 1 serve	19	Blackberries, 50g	15
Carrots, 1 medium	18	Lemon, 1 medium	12
Peas, 1 serve, 60g	18	Apple, 1 medium	8
Tomato, 1 medium	13	Pear, 1 medium	8
Cauliflower, 1 serve	12	Banana, 1 medium	5
Brussel sprouts, 1 serve (4)	12		
Asparagus, 5 spears	8		
Zucchini, 1 small	7		
Potato, 1 medium	5		
Onions, 1 small	4		
Corn, ckd, 1 cob	3		
Mushrooms, 1/2 cup	1		

\*Note: Calcium content of tofu varies significantly between brands; check product label.

<b>Grains &amp; Cereal Foods</b>	<b>mg Calcium</b>	<b>Miscellaneous</b>	<b>mg Calcium</b>
Special K cereal, 30g	200	Nestle Malted Milk, 20g	150
Bread, white/w'meal., 2 sl.	50	Milk chocolate, 50g	125
Meusli, untoasted, 60g	34	Aktavite, 15g	120
All-bran, 30g	24	Sustagen Hospital, 15g	116
Oats, raw, ½ cup	21	Milo, 20g	110
Weet-Bix, 2 biscuits	9	Sustagen, Chocolate, 15g	96
Rice, brown/white, ckd 1 cup	8		
Cornflakes, 30g	1		

### Watch For –

- High sodium (salt) intake ... can increase calcium losses in the urine
- High caffeine intake (> 5 cups of coffee / tea each day)...can increase calcium losses in urine
- Too much alcohol...can reduce calcium absorption from food

Sources: Supermarket food product labels and Foodworks computer program  
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