



## Food Sources of Calcium and Vitamin D

### Why do you need calcium and vitamin D?

Calcium is one of the 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. Vitamin D helps you to absorb and use calcium. Both calcium and vitamin D may have other health benefits, but more research is needed.

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

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

Age (Male and Female unless otherwise indicated)	
0-6 months	200 mg/day
7-12 months	260 mg/day
1-3 years	700 mg/day
4-8 years	1000 mg/day
9-18 years	1300 mg/day
19-50 years (female)	1000 mg/day
19-70 years (male)	1000 mg/day
Over 50 years (female)	1200 mg/day
Over 70 years (male)	1200 mg/day

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

Age (Male and Female)	
0-1 year	400 IU/day
1-70 years	600 IU/day
Over 70 years	800 IU/day

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

### Which foods contain calcium?

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

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

### Which foods contain vitamin D?

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

You may find it difficult to get enough vitamin D from foods, so 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 years of age need extra vitamin D, and they should take a supplement with 400 IU each day.

#### Food Sources of Vitamin D

Food	Serving	Vitamin D (IU)
Milk	1 cup	103
Fortified rice or soy beverage	1 cup	88
Fortified orange juice	1/2 cup	53
Fortified margarine	2 tsp	51
Egg yolk	1	25
Herring, cooked	75 g	162
Trout, cooked	75 g	210
Mackerel, cooked	75 g	81
Salmon, Atlantic, cooked	75 g	246
Salmon, chum, canned	75 g	168
Salmon, pink, canned	75 g	435
Salmon, sockeye, canned	75 g	585
Sardines, Atlantic, canned	75 g	70
Sardines, Pacific, canned	75 g	360
Tuna, canned, light or white	75 g	44
Tuna, yellowfin		
(albacore, ahi), cooked	75 g	105
Tuna, skipjack, cooked	75 g	381
Tuna, bluefin, cooked	75 g	690

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

Every day, choose a variety of foods containing calcium and see the 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

### Conversion Table

1 cup = 250 mL	¾ cup = 175 mL
½ cup = 125 mL	¼ cup = 60 mL

<b>Dairy Foods</b>	<b>Serving</b>	<b>calcium (mg)</b>	<b>Grains</b>	<b>Serving</b>	<b>calcium (mg)</b>
Milk, whole, 2%, 1% skim	1 cup	291-324	Bannock	1 med (37g)	84
Milk, evaporated	1/2 cup	367	Oats, instant, regular, no sugar added	1 pouch	82
Buttermilk	1 cup	300-370	<b>Non Dairy Drinks</b>		
Kefir	1 cup	267	Fortified rice or soy beverage	1 cup	319**
Cheese, hard	50 g	370 (average)*	Orange juice fortified with calcium and vitamin D	1/2 cup	185
Processed cheese spread	4 Tbsp	348	Regular soy beverage	1 cup	98
Cheese, processed slices	50 g	276	**added calcium sometimes settles at the bottom of the container; shake well before drinking		
Cottage cheese, 1 or 2%	1 cup	156	<b>Vegetables</b> (all measures for cooked vegetables)		
Cottage cheese, <0.1%	1 cup	51	Turnip greens	1/2 cup	104
Pudding or custard made with milk	1/2 cup	150	Chinese cabbage/bok choy	1/2 cup	84
Yogurt, plain	3/4 cup	290 (average)*	Okra	1/2 cup	65
Yogurt, fruit bottom	3/4 cup	233 (average)*	Mustard greens	1/2 cup	55
Frozen yogurt, soft serve	1/2 cup	110	Kale	1/2 cup	49
Ice cream	1/2 cup	97	Chinese broccoli/gai lan	1/2 cup	46
			Broccoli	1/2 cup	33
*calcium content varies, check label			<b>Fruit</b>		
<b>Beans and Bean Products</b>			Orange	1 med	52
Tofu, medium firm or firm, made with calcium sulphate	150 g	347	<b>Other</b>		
Tofu, firm or extra firm, made with calcium sulphate and magnesium chloride	150 g	234	Blackstrap molasses	1 Tbsp	179
White beans	3/4 cup	119	<b>Asian Foods</b>		
Navy beans	3/4 cup	93	Dried fish, smelt	35 g	560
Black beans	3/4 cup	75	Daylily flower	100 g	301
Pinto beans, chickpeas	3/4 cup	58	Tempeh, cooked	100g	96
<b>Nuts and Seeds</b>			Fat choy (black moss), dried	10g	88-122
Tahini (sesame seed butter)	2 Tbsp	130	Soy bean curd slab, semisoft	100 g	308
Almonds, dry roast	1/4 cup	93	Soy bean milk film, stick shape	100 g	77
Almond butter	2 Tbsp	88	Seaweed, Wakame, raw	1/2 cup	63
Sesame seeds kernels, dried	1/4 cup	50	Seaweed, dry (agar)	1/2 cup	50
<b>Meats, Fish, and Poultry</b>					
Sardines, Atlantic, canned with bones	75 g	286			
Sardines, Pacific, canned with bones	75 g	180			
Salmon, canned with bones	75 g	208			

For more information, see the following HealthLink BC Files:

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

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

For more nutrition information, call 8-1-1 to speak with a registered dietitian.

For more HealthLink BC File topics, visit [www.HealthLinkBC.ca/healthfiles/index.stm](http://www.HealthLinkBC.ca/healthfiles/index.stm) or your local public health unit.

Click on [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) or call 8-1-1 for non-emergency health information and services in B.C.

For deaf and hearing-impaired assistance, call 7-1-1 in B.C.

Translation services are available in more than 130 languages on request.