



Food Sources of Calcium and Vitamin D

Why do I need calcium and vitamin D?

Calcium is one of the building blocks of strong bones. Because our bones are being broken down and rebuilt throughout our lives, we need to eat foods with calcium. Over time, this helps to prevent bones from becoming weak. Weak bones are more likely to fracture or break. Your body needs Vitamin D to help calcium be absorbed.

How much calcium and vitamin D do I need?

Recommended amount of calcium per day:

Age	Men	Women
0 to 6 months	200 mg	200 mg
7 to 12 months	260 mg	260 mg
1 to 3 years	700 mg	700 mg
4 to 8 years	1000 mg	1000 mg
9 to 18 years	1300 mg	1300 mg
19 to 50 years	1000 mg	1000 mg
51 to 70 years	1000 mg	1200 mg
Over 70 years	1200 mg	1200 mg

mg = milligram

Recommended amount of vitamin D per day:

Age	Men	Women
0 to 1 year	400 IU	400 IU
1 to 70 years	600 IU	600 IU
Over 70 years	800 IU	800 IU

IU = International Units

Which foods contain calcium?

Foods high in calcium include milk, yogurt and beverages with calcium added such as soy beverages, orange juice, and rice beverages. Cheese is also a good source of calcium. For other foods, check the label. Calcium has been added if you see 'fortified' or 'enriched' on the label.

Which foods contain vitamin D?

Very few foods have vitamin D in them. Foods with a higher amount of vitamin D include fish, liver, and egg yolk.

Excellent sources of vitamin D are foods and beverages that have vitamin D added to them. Cow milk always has added vitamin D. Orange juice, margarine, and soy beverage usually have it added. For other foods, check the label. You know vitamin D has been added if you see 'fortified' or 'enriched' on the label.

Should I take a Vitamin D supplement?

You might find it difficult to get enough vitamin D from food alone. You can take a single vitamin D supplement or a multivitamin with vitamin D in it.

Infants and young children who are breastfed or breastfed and given some infant formula need a Vitamin D supplement of 400IU every day. Adults older than 50 years of age need more vitamin D, and should take a supplement of 400 IU each day.

What if I do not eat dairy foods?

There are many other foods that contain these nutrients. Use the lists of foods here and on the next page to help you choose a variety of foods. If you find it hard to get enough calcium and vitamin D from food, talk to your health care provider about the right type of supplement for you.

Food Sources of Vitamin D

Food	Serving Size	Amount of Vitamin D
Milk	250 mL	104 IU
Fortified rice or soy beverage	250 mL	87 IU
Fortified orange juice	125 mL	50 IU
Fortified margarine	10 mL	51 IU
Egg yolk	1 egg	32 IU
Herring, cooked	75 g	161 IU
Trout, cooked	75 g	150 IU
Mackerel, cooked	75 g	81 IU
Salmon, Atlantic, cooked	75 g	246 IU
Salmon, chum, canned	75 g	202 IU
Salmon, pink, canned	75 g	435 IU
Salmon, sockeye, canned	75 g	557 IU
Sardines, Atlantic, canned	75 g	70 IU
Sardines, Pacific, canned	75 g	204 IU
Tuna, canned, light	75 g	36 IU
Tuna, yellowfin (albacore, ahi), cooked	75 g	105 IU
Tuna, bluefin, cooked	75 g	219 IU

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Food Sources of Calcium

Food	Serving Size	Amount of Calcium
Milk, whole, 2%, 1%, skim	250 mL (1 c)	291 to 316 mg
Milk, evaporated	125 mL (1/2 c)	367 mg
Buttermilk	250 mL (1 c)	300 to 370 mg
Kefir	250 mL (1 c)	267mg
Cheese, hard	50 g	370 mg*
Processed cheese spread	60 mL (4 tbsp)	348 mg
Cheese, processed slices	50 g	276 mg
Cottage cheese, 1 or 2%	250 mL (1 c)	146 mg
Pudding or custard made with milk	125 mL (1/2 c)	150 mg
Yogurt, plain	175 g (3/4 c)	320mg*
Yogurt, fruit bottom	175 g (3/4 c)	214 mg*
Frozen yogurt, soft serve	125 mL (1/2 c)	109 mg
Ice cream	125 mL (1/2 c)	89 mg
Tofu, made with calcium sulphate	150 g	347 mg
White beans, cooked	175 mL (3/4 c)	119 mg
Navy beans, cooked	175 mL (3/4 c)	93 mg
Black beans, cooked	175 mL (3/4 c)	34 mg
Pinto beans, cooked	175 mL (3/4 c)	58 mg
Chickpeas, cooked	175 mL (3/4 c)	58 mg
Tahini (sesame seed butter)	30 mL (2 tbsp)	130 mg
Almonds, dry roast	60 mL (1/4 c)	93 mg
Almond butter	30 mL (2 tbsp)	88 mg
Sesame seeds kernels, dried	60 mL (1/4 c)	23 mg
Sardines, Atlantic canned with bones	75 g	286 mg
Sardines, Pacific canned with bones	75 g	180 mg
Salmon canned with bones	75 g	208 mg
Fortified rice or soy beverage	250 mL (1 c)	320 mg
Orange juice fortified with calcium and vitamin D	250 mL (1 c)	320 mg
Regular soy beverage	250 mL (1 c)	65 mg
Turnip greens	125 mL (1/2 c)	104 mg
Chinese cabbage/bok choy	125 mL (1/2 c)	84 mg
Okra	125 mL (1/2 c)	65 mg
Mustard greens	125 mL (1/2 c)	55 mg
Kale	125 mL (1/2 c)	49 mg
Chinese broccoli/gai lan	125 mL (1/2 c)	46 mg
Broccoli	125 mL (1/2 c)	33 mg
Orange	1 med	52 mg
Blackstrap molasses	15 mL (1 tbsp)	179 mg
Dried fish, smelt	35 g	560 mg
Daylily flower	100 g	301 mg
Tempeh, cooked	150g	144 mg
Fat choy (black moss), dried	10g	88 to 122 mg
Soy bean curd slab, semisoft	100 g	308 mg
Soy bean milk film, stick shape	100 g	77 mg
Seaweed, Wakame, raw	125 mL (1/2 c)	63 mg
Seaweed, dry (agar)	125 mL (1/2 c)	50 mg

mL = milliliter, g = gram, c = cup, tbsp = tablespoon, mg = milligram

*calcium content may vary, check the label