

**TYPICAL CALCIUM CONTENT OF FOOD**

N.B. In adulthood, the body will absorb approximately 30% of the calcium we eat

<b>Dairy Products</b>	mg of calcium per serving	Average Serving of Food
Cheese	207	28g
Milk semi-skimmed	729	1 pint
Milk full cream	702	1 pint
Milk skimmed	729	1 pint
Yoghurt	240	80g pot
Cottage cheese	60	80g pot
Dairy ice cream	140	100g

<b>Fish</b>	mg of calcium per serving	Average Serving of Food
Canned sardines in oil	225	50g
Canned pilchards	150	50g
Cod (fried in batter)	65	80g
Prawns (boiled)	125	80g

  

<b>Fruit</b>	mg of calcium per serving	Average Serving of Food
Figs dried	140	50g
Apricots dried	140	50g
Orange	41	100g
Grapefruit	8	100g

**The current average intake of calcium is 870mg/day and this has been falling in recent years**

**Vegetables**

	mg of calcium per serving	Average Serving of Food
Broccoli	100	100g
Spring greens	86	100g
Cabbage	75	100g
Baked beans	45	100g
Potatoes (boiled)	4	100g
Chips	14	100g
Tomatoes	13	100g

**Cereals**

	mg of calcium per serving	Average Serving of Food
Chocolate	132	60g
Muesli	110	55g
Bread white	55	Slice
Bread wholemeal	13	Slice
Cornflakes	2	55g

**Drinks**

	Mg of calcium per serving	Average Serving of Food
Coffee	2	1 cup
Tea	1	1 cup

**Recommended Daily Allowances of Calcium**

<b>Young child aged 1-12</b>	<b>800mg</b>
<b>Teenagers</b>	<b>1,200mg</b>
<b>Women aged 20-40</b>	<b>1,000mg</b>
<b>Men aged 20-40</b>	<b>1,000mg</b>
<b>Pregnant and nursing women</b>	<b>1,200mg</b>
<b>Pregnant and nursing teenagers</b>	<b>1,500mg</b>
<b>Women over 40 without HRT</b>	<b>1,500mg</b>
<b>Women over 40 with HRT</b>	<b>1,000mg</b>
<b>Men and women over 60</b>	<b>1,200mg</b>

**WHAT SORT OF GENERAL EXERCISES CAN I DO?**

Exercise causes stretching and contraction of muscles and this in turn applies pressure to the bones and help to preserve their strength. Regular steady exercise has been shown to improve bone density. It will also improve your general fitness, strength and stamina – you will look better and feel better too.

Regular steady exercise is the answer – don't enrol in a frantic aerobic class and don't rush to the nearest squash court.

**Here are some suggestions:**

- ✓ Try to go out for a brisk walk at least once a day
- ✓ Join an exercise class with a friend
- ✓ Walk to the local shops and leave the car at home
- ✓ Use the stairs, not an escalator
- ✓ Take up cycling or try an exercise bike
- ✓ Take up a dancing class
- ✓ Join a local rambling class
- ✓ If you can swim, try to go at least once a week
- ✓ Join a local Walk and Talk group

**CHOOSE THE EXERCISE WHICH SUITS YOU BEST**

**The European Foundation for Osteoporosis and Bone Disease also recommend that the total daily calcium intake (i.e. DIETARY AND SUPPLEMENTS) should not exceed 1,500mg**