



| Food Type | Food | Calcium (mg) per serve | Serving size |
|-----------|--|---------------------------|---------------|
| Cereal | Special K, Kellogg's Original* | 200 | 40g (1 cup) |
| Cereal | Cheerios Original, Uncle Tobys* | 160 | 40g |
| Cereal | Amaranth | 29 | 30g (1/3 cup) |
| Cereal | Quinoa | 14 | 30g (1/3 cup) |
| Cereal | Oats, rolled | 12 | 30g (1/3 cup) |
| Cheese | Parmesan, Mil Lel | 308 | 20g |
| Cheese | Gruyere cheese, average | 202 | 20g |
| Cheese | Swiss cheese, Woolworths Light slices | 191 | 20g (1 slice) |
| Cheese | Parmesan cheese, average | 190 | 20g |
| Cheese | Edam cheese slices, Coles | 184 | 20g (1 slice) |
| Cheese | Swiss cheese, Coles slices | 178 | 20g (1 slice) |
| Cheese | Swiss cheese, Mainland slices | 176 | 20g (1 slice) |
| Cheese | Mozarella, Devondale | 176 | 20g |
| Cheese | Cheddar cheese, Cheer Tasty Light | 172 | 20g |
| Cheese | Edam cheese, average | 162 | 20g |
| Cheese | Gouda cheese slices, Coles | 158 | 20g (1 slice) |
| Cheese | Swiss cheese, Jarlsberg Lite slices | 154 | 20g |
| Cheese | Cheese, Cheer tasty | 150 | 20g |
| Cheese | Mozarella, Perfect Italiano grated | 141 | 20g |
| Cheese | Mozarella cheese, average | 137 | 20g |
| Cheese | Haloumi cheese, average | 124 | 20g |
| Cheese | Fetta cheese, South Cape reduced fat Greek | 118 | 20g |
| Cheese | Camembert, South Cape | 109 | 20g |
| Cheese | Camembert, King Island | 103 | 20g |
| Cheese | Stilton/Gorgonzola cheese, average | 102 | 20g |
| Cheese | Fetta cheese, South Cape Greek style | 99 | 20g |
| Cheese | Brie cheese, average | 92 | 20g |
| Cheese | Fetta cheese, average | 63 | 20g |
| Cheese | Cottage cheese, Bulla | 53 | 50g |
| Cheese | Ricotta cheese, La Casa Del Formaggio | 47 | 50g |
| Cheese | Ricotta cheese, Coles smooth | 47 | 50g |
| Cheese | Goat cheese, soft, average | 13 | 20g |
| Egg | Egg, boiled, average | 20 | 50g (1 egg) |
| Fish | Tuna, John West Protein + Calcium, olive oil | 800 | 90g (1 tin) |
| Fish | Sardines Brisling in olive oil, King Oscar | 270 | 80g (1 tin) |
| Fish | Sardines, Brunswick, olive oil, drained | 235 | 74g (1 tin) |
| Fish | Sardines in olive oil, John West | 216 | 80g (1 tin) |
| Fish | Salmon, red, John West | 160 | 79g (1 tin) |
| Fish | Sardines in water, Brunswick, drained | 158 | 74g (1 tin) |
| Fish | Snapper, raw | 123 | 100g |
| Fish | Trout, ocean | 73 | 100g |



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| Fish | Salmon, fresh | 48 | 100g |
| Fruit | Rhubarb | 120 | 120g (1 cup) |
| Fruit | Figs, dried | 60 | 30g (2 fruit) |
| Fruit | Blackberries | 44 | 145g (1 cup) |
| Fruit | Paw paw | 42 | 150g |
| Fruit | Kiwifruit, green, peeled | 42 | 150g (2 fruit) |
| Fruit | Strawberries | 36 | 165g (1 cup) |
| Fruit | Orange | 34 | 150g (1 fruit) |
| Fruit | Raspberries | 31 | 120g (1 cup) |
| Fruit | Figs, fresh | 30 | 80g (2 fruit) |
| Fruit | Kiwifruit, gold, peeled | 27 | 150g (2 fruit) |
| Fruit | Apricots, dried | 20 | 30g (4 halves) |
| Fruit | Prunes, pitted | 16 | 30g |
| Fruit | Date, pitted dried | 14 | 30g |
| Kefir | Kefir, Rokeby Farms Filmjolk Yoghurt | 132 | 100ml |
| Kefir | Kefir, Blue Bay | 130 | 100ml |
| Kefir | Kefir, The Collective Probiotic | 119 | 100ml |
| Legumes | Tofu, firm, average | 206 | 100g |
| Legumes | Tofu, Evergreen Hard | 140 | 100g |
| Legumes | Chickpeas, canned | 45 | 100g |
| Legumes | Baked beans, Heinz Salt Reduced | 39 | 100g |
| Legumes | Lentils, red | 35 | 50g |
| Legumes | Lentils, green, raw | 28 | 50g |
| Legumes | Hummus, average | 24 | 50g |
| Milk | Soy milk, So Good* | 400 | 250ml |
| Milk | Milk, Dairy Farmers skim | 330 | 250ml |
| Milk | Milk, Dairy Farmers Shape | 330 | 250ml |
| Milk | Milk, Dairy Farmers Lite White | 330 | 250ml |
| Milk | Milk, Coles organic | 320 | 250ml |
| Milk | Goat milk, CapriLac | 313 | 250ml |
| Milk | Almond milk, Pure Harvest, unsweetened* | 300 | 250ml |
| Milk | Oat milk, Vitasoy unsweetened* | 300 | 250ml |
| Milk | Milk, Dairy Farmers full cream | 295 | 250ml |
| Milk | Milk A2 | 273 | 250ml |
| Milk | Whey protein powder | 126 | 30g (1/4 cup) |
| Nuts | Almonds, raw | 80 | 30g (1/3 cup) |
| Nuts | Brazil nuts, raw | 45 | 30g (1/3 cup) |
| Nuts | Walnuts, raw | 27 | 30g (1/3 cup) |
| Nuts | Hazelnuts, raw | 26 | 30g (1/4 cup) |
| Nuts | Macadamia, raw | 14 | 30g (1/3 cup) |



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|-----------|------------------------------------|---------------------------|-----------------|
| Seafood | Mussels, steamed | 173 | 100g |
| Seafood | Prawns, raw, average | 72 | 100g |
| Seafood | Octopus | 53 | 100g |
| Seeds | Tahini, unhulled, Macro | 173 | 15g (3 tsp) |
| Seeds | Poppy seeds | 173 | 12g (3 tsp) |
| Seeds | Sesame seeds | 97 | 10g (3 tsp) |
| Seeds | Chia seeds | 64 | 12g (3 tsp) |
| Seeds | Tahini, average | 50 | 15g (3 tsp) |
| Seeds | Flaxseed, ground | 23 | 10g (3 tsp) |
| Seeds | Cocoa/cacao | 10 | 6g (3 tsp) |
| Vegetable | Kale, raw | 161 | 70g (1 cup) |
| Vegetable | Dandelion greens | 103 | 55g (1 cup) |
| Vegetable | Rocket/arugula | 64 | 30g (1 cup) |
| Vegetable | Bok Choy | 58 | 70g (1 cup) |
| Vegetable | Green beans | 56 | 125g (1 cup) |
| Vegetable | Cucumber, Lebanese, unpeeled | 50 | 120g (1 cup) |
| Vegetable | Watercress | 41 | 35g (1 cup) |
| Vegetable | Celeriac, raw | 41 | 100g |
| Vegetable | Cabbage, savoy | 35 | 90g (1 cup) |
| Vegetable | Sweet potato | 35 | 130g |
| Vegetable | Broccolini | 34 | 90g (1 cup) |
| Vegetable | Carrots, fresh | 34 | 130g (1 carrot) |
| Vegetable | Leeks | 33 | 100g |
| Vegetable | Cabbage, red | 32 | 90g (1 cup) |
| Vegetable | Broccoli | 29 | 90g (1 cup) |
| Vegetable | Wombok/Chinese cabbage | 25 | 100g (1 cup) |
| Vegetable | Cucumber, English, unpeeled | 22 | 120g (1 cup) |
| Vegetable | Spinach, English | 16 | 30g (1 cup) |
| Vegetable | Cauliflower | 16 | 90g (1 cup) |
| Yoghurt | Yoghurt, YoPRO Perform | 251 | 100g |
| Yoghurt | Yoghurt, Barambah low fat | 210 | 100g |
| Yoghurt | Yoghurt, Farmers Union Greek Style | 197 | 100g |
| Yoghurt | Yoghurt, Jalna biodynamic | 162 | 100g |
| Yoghurt | Yoghurt, Evia Greek | 130 | 100g |
| Yoghurt | Yoghurt, Chobani light | 120 | 100g |
| Yoghurt | Yoghurt, Chobani Greek | 100 | 100g |

*These products have added calcium and so should be treated as supplements.