The Royal Wolverhampton
NHS Trust

Calcium Counts

Nutrition & Dietetics



The prevention of infection is a priority in all healthcare settings and everyone has a part to play.

- **Please decontaminate your hands frequently using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, a cough or other respiratory symptoms, a temperature or an unexplained rash which could be infectious please do not visit the hospital or any other care facility. If your visit is essential then phone ahead to the department that you are visiting**
- **If you are unwell seek advice from 111 or your GP if required**
- **Help us to keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

Care Colleagues
Collaboration Communities

Why do I need Calcium?

Calcium has many important functions in the body. Its main role is in the formation and maintenance of strong bones and teeth.

We obtain calcium from foods in our diet.

Our body absorbs calcium better if we have enough Vitamin D from sunlight, children's vitamins containing vitamin D and diet - fortified foods and oily fish contain Vitamin D.

How much Calcium do I need?

Different amounts of calcium are needed at different stages of life. See table below for your requirements.

Age	Calcium Needed mg/day Males	Calcium Needed mg/day Females
0 - 12 months	525	525
1 - 3 years	350	350
4 - 6 years	450	450
7 - 10 years	550	550
11 - 14 years	1000	800
15 - 18 years	1000	800
19 +	700	700

Women who are breastfeeding need an extra 550mg per day.

Highest sources are milk, dairy products and fortified soya products.

Below are different foods and the calcium they provide.

Milk, Dairy Foods and Soya Products

Food	Calcium provided (mg)
125g carton yogurt	180
200mls/1/3 pint cows milk all types	230-240
200mls/1/3 pint soya drink	240
200mls/1/3 pint Oatly milk (oat milk)	240
200mls /1/3 pint Koko coconut milk	240
200mls/1/3 pint rice milk (unsuitable for under 4 1/2 years)	240
200mls/1/3 pint almond milk	240
30g / 1oz hard cheese e.g. cheddar	220
200mls/1/3 pint soya drink	240
Cheese spread triangle	65
50g tub fromage frais	60 – 80
120g tub cottage cheese	80
125g soya yogurt	150
200ml soya custard	240

All organic drinks e.g, organic soya are NOT fortified with calcium.

Fish, Beans and Nuts

Food	Calcium provided (mg)
50gm / 2oz tinned sardines with bones	230
50gm / 2oz tinned pilchards with bones	150
50gm / 2oz prawns boiled	75
50gm / 2oz tofu (higher if calcium-set e.g., Cauldron brand)	90 - 250
100gm / 4oz soya beans cooked	80
100gm / 4oz chick peas cooked	40
100gm / 4oz baked beans	50
50gm / 2oz mixed nuts	30
1 medium egg	30

Bread and Cereals

Food	Calcium provided (mg)
30 gm calcium fortified cereals e.g. Rice Krispies, Cheerios	137
1 tbsp dry cereal calcium fortified hot oat cereal e.g. Ready Brek or supermarket own brand	200
1 medium slice calcium fortified bread e.g. Hovis best of both, Warburtons crusty white bread and white sliced rolls	191
1 medium slice white bread	40
1 medium slice wholemeal bread	20
1 slice gluten free bread - look at label for each brand	0 – 100

Fatty and Sugary Foods

Food	Calcium provided (mg)
50gm / 2 oz milk chocolate	110
50gm / 2oz ice cream	55
1 medium sausage roll (50gm / 2oz)	35
50gm / 2oz sausages (2 medium)	25

Fruit and Vegetables

Food	Calcium provided (mg)
50gm dried figs	62
50gm currants	48
50gm dried apricots	36
1 medium orange	30
100gm / 4oz cabbage cooked	30
50gm / 2oz spring greens boiled	40
50gm / 2oz spinach cooked	80
50gm / 2oz broccoli	20

Remember .....

- Vitamin D is needed to help the body absorb calcium Sunlight on our skin improves Vitamin D levels
- Foods that provide Vitamin D are:
    - Oily fish e.g. Salmon, Sardines, Pilchards, Mackerel, Kipper and Trout
    - Butter, Margarine and Low-fat spreads, Fortified eggs, Cod Liver Oil
    - Liver
    - Fortified Breakfast Cereals

Avoid

Cod Liver Oil when pregnant as this is also high in Vitamin A. Very high levels of Vitamin A in pregnancy can harm the baby.

Tips on how to increase the calcium in your diet

- Have a milky pudding e.g. rice pudding, custard
- Have yogurt or fromage frais as a snack or pudding
- Have a milky drink e.g. hot chocolate or malted drink

Do I need supplements?

Make sure you have a well-balanced diet, to include a variety of foods.

If your diet does not have enough calcium containing foods, you may require a calcium supplement. However, very high levels of calcium may affect your absorption of other important nutrients and may cause kidney stones so check with your doctor or dietitian before use. Calcium supplements are widely available at chemists and supermarkets.

Dietitian: .....

Contact 01902 695335

Written by Nutrition and Dietetic Department, New Cross Hospital, Wolverhampton.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。

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