

My weekly calcium intake

Use this weekly food diary to work out just how much calcium you are getting each week.

	Foods containing calcium	Calcium content	Total calcium
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Calcium content

Milks

- 200ml glass Meadow Fresh CalciTrim (yellow lid) = 400mg
- 200ml glass Meadow Fresh Trim (green lid) = 270mg
- 200ml glass Meadow Fresh XtraTrim (light-green lid) = 270mg
- 200ml glass Meadow Fresh Lite (light-blue lid) = 250mg
- 200ml glass calcium-enriched soy milk = 170mg
- 200ml glass calcium-enriched rice milk = 100mg

Yoghurts

- 125g pottle Meadow Fresh Custard Trio 99% fat-free yoghurt = 200mg
- 125g pottle Meadow Fresh Original = 200mg
- 125g pottle Meadow Fresh Lite = 200mg
- 125g pottle Meadow Fresh Thick & Creamy = 200mg
- 125g pottle Blues Clue's Dairy Food = 200mg

Other foods containing calcium

- Small tin canned sardines = 450mg
- 1 cup tofu = 270mg
- 1 cup fortified breakfast cereal = 200-400mg
- 100g cooked, peeled prawns = 190mg
- 1/2 cup steamed spinach = 130mg
- 1/2 cup ice cream = 110-270mg
- 2 slices multigrain bread = 60-90mg
- Small tin canned salmon, drained = 70mg
- 1 cup steamed broccoli = 60mg
- 1/2 cup steamed silver beet = 60mg
- 1/2 cup cooked haricot beans = 60mg
- 1 tablespoon tahini = 50mg
- 1 orange = 35mg
- 1/2 cup marinated mussels = 30mg
- 1 cup baked beans = 30mg
- 1/2 cup cooked red kidney beans = 30mg
- 10 almonds = 30mg
- 1/2 cup cooked chickpeas = 25mg
- 1 kiwifruit = 25mg
- 1/2 cup cooked green beans = 25mg
- 1/4 cup dried apricots = 20mg
- 1 cup lettuce = 20mg
- 3 Brazil nuts = 20mg
- 1 tablespoon sesame seeds = 10mg