

Viva!

My calcium-rich foods reminder



Almonds



Apricots (dried)



Baked beans (haricot)



Blackberries



Blackcurrants



Blackstrap molasses



Bok choy



Bread (wholemeal)



Broccoli



Chia seeds



Chickpeas



Cinnamon



Edamame (soya beans)



Fennel



Figs (dried)



Green beans



Kale



Kidney beans



Oats



Oranges



Rocket



Sesame seeds (eg in Tahini and Hummus) (and other seeds)



Soya milk (fortified)



Spring greens



Tofu (calcium-set)



Walnuts



Watercress



White cabbage

TOP TIP!

Vitamin D is made by sunlight on the skin and is needed for calcium absorption. If you live in the UK, take a vitamin D supplement from October to April

How high is high?

Some examples of our **super-calcium** heroes contained in medium-sized servings:

Tofu (calcium-set) 400 mg of calcium per 100 g; Soya milk (fortified) 240 mg per 200 ml; Figs (dried) 110 mg per 8 pieces; Kale (cooked) 177 mg per cup (118 g); Tahini (sesame seed paste) 64 mg per 1 tbsp; Almonds 76 mg per 28 g (a small handful); Bread (wholemeal) 80 mg per 2 large slices; Bok choy (cooked) 74 mg per 80 g (½ cup); Broccoli (cooked) 40 mg per 100 g; Baked beans 70 mg per ½ can; Chia seeds 63 mg per 1 tbsp; Chickpeas 68 mg per cup (150 g); Oats (dry) 42 mg per cup (81 g); Oranges 52 mg per medium orange

How much should I eat each day?

700 MG