

# My calcium-rich foods reminder



Almonds



Apricots (dried)



Artichokes



Asparagus



Baked beans (haricot)



Blackberries



Blackcurrants



Blackstrap molasses



Bok choy



Brazil nuts



Bread (wholemeal)



Broccoli



Chickpeas



Cinnamon



Edamame (soya beans)



Fennel



Figs (dried)



Kale



Kidney beans



Oranges



Rocket



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



Soya milk (fortified)



Spring greens



Swede



Tofu (calcium-set)



Walnuts



Watercress

## 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 over winter

## How high is high?

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

Tofu (calcium-set) 400mg of calcium per 100g; Soya milk (fortified) 240mg per 200ml; Figs (dried) 150mg per 60g; Kale 150mg per 100g; Tahini (sesame seed paste) 130mg per 1 tsp; Almonds 100mg per 40g (small handful); Bread (wholemeal) 80mg per 2 large slices; Bok choy 70mg per 100g; Watercress 70mg per 40g; Baked beans 70mg per ½ can; Brazil nuts 70mg per 40g; Chickpeas 40mg per 90g; Mixed herbs 50mg per 3 tsp; Oranges 40mg per 160g

How much should I eat a day?

**700MG**