

Calcium for your bones

Calcium is a very important nutrient. Apart from your own needs, your baby requires calcium for formation of bones and teeth, the normal clotting of blood and the functioning of nerves and muscles.

You will need 1000mg of calcium every day

Food sources of Calcium	Calcium (mg)
Whole/skim milk 250mL	300
Soy milk with added calcium 250mL	300
Rice milk 250mL with added Calcium	325
Liddel's lactose free milk, 250mL	300
Zymil – lactose free milk, 250mL	300
Fruit yoghurt 200g	260
Soy yoghurt 200g	300
Cheddar cheese (30g)	230
Fat reduced sliced cheese (30g)	170
Tofutti soy cheese (30g)	135
Ice cream reduced fat, 2 scoops	200
Soy ice cream, 2 scoops	200
Soy custard 250mL	200
Tofu, steamed, 100g	150
Soy beans, cooked ½ cup (150g)	115
Sesame seeds* 1 Tablespoon (15g)	100
Almonds*, 30g	75
Soy & linseed cereal 1 cup	200
Orange, medium 150g	40
Salmon* tinned in spring water 200g	575
Prunes, 10 pieces	45
Dried figs 3 pieces	108
Spinach ½ cup	40
Broccoli ½ cup	25
Parsley 1 tablespoon	12

* Avoid this item if you are allergic or there is a strong family history of allergies

Maximising your calcium absorption:

- Be more physically active – bones keep strong through weight bearing exercises for example walking, cycling and running.
- Limit salt intake
- Limit caffeine found in tea, coffee, cola and 'high energy' drinks
- Ensure adequate vitamin D – spend a minimum of 10 minutes in direct sunlight everyday

What about calcium supplements?

You may require a supplement if you are unable to consume enough calcium rich foods. **Check with your dietitian or doctor if you think you need a calcium supplement.**

What about other supplements?

Unless you have a balanced diet everyday, most pregnant women need a special multivitamin daily. **Please ask your dietitian or doctor for a suitable pregnancy multivitamin.**

For more information please feel free to contact Hanan Saleh on:
Mobile: 0412-126-643 | Email: nutrition@thefooddoctor.com.au |
Website: thefooddoctor.com.au



THE FOOD DOCTOR
.COM.AU