

# Sources of Calcium

Calcium plays a key role in many of your body's basic functions.

It is a major part of tooth and bone health, it facilitates blood circulation, muscle contractions, message transmission through the nervous system and hormone release. Your body needs magnesium and vitamin D to absorb calcium which means you won't fully benefit from a calcium-rich diet if you're low on magnesium or vitamin D; sunshine is your best source of vitamin D.

How to maximise your calcium uptake and utilisation:

- Eat fresh foods
- Add some lemon juice to water when cooking beans
- Get out into the fresh air every day for at least 20minutes
- Weight bearing exercise

Adults aged 19 to 64 need **700mg** calcium per day.

Dairy foods	Calcium per 250g	Fish	Calcium per 250g
Plain yogurt	480mg	Oysters	300mg
Milk	240mg	Salmon with bones	490mg
Cottage cheese	155mg	Halibut	164mg
Vegetables - cooked		Grains	
Pak choi	330mg	Brown rice	20mg
Bean sprouts (raw)	320mg	Quinoa	80mg
Spinach	250mg	Cornmeal	50mg
Leafy Greens	260mg	Rye flour	40mg
Nuts & Seeds (includes butters)		Miscellaneous	
Almonds	660mg	Rhubarb (cup)	174mg
Chestnuts	600mg	Blackstrap molasses (tbs)	130mg
Walnuts	280mg	Dried figs (75g)	100mg
Sesame seeds	900mg	Dried apricots (75g)	80mg
Sunflower seeds	260mg		