

Sources of Bio-available CALCIUM



Calcium:

Calcium requirements vary according to age, gender, and reproductive status, but it is uncommon for the average North American diet to provide the full daily requirement of calcium. Depending on the geographic region, dietary intake of calcium is between 50 and 90% of recommended levels.

Plant foods contain many vitamins and minerals that are important for a balanced diet and can be a source of calcium. Calcium absorption varies based on environmental and dietary conditions. Some food components act synergistically to promote calcium absorption such as vitamin D, lactose and casein phosphopeptides in milk.

| Food | Serving Size | Average Calcium Content (mg) | Bio-available Calcium Content (mg) |
|-------------------|--------------|------------------------------|------------------------------------|
| Milk | 250 mL | 300 | 96 |
| Cheddar Cheese | 42 g | 303 | 97 |
| Bok Choy | 125 mL | 79 | 43 |
| Kale | 125 mL | 61 | 30 |
| Chinese Spinach | 125 mL | 347 | 29 |
| Broccoli | 125 mL | 35 | 22 |
| Rhubarb | 125 mL | 174 | 10 |
| Spinach | 125 mL | 115 | 6 |
| Almonds | 125 mL | 206 | 43 |
| Sesame Seeds | 125 mL | 89 | 19 |
| Beans, white | 110 g | 113 | 25 |
| Beans, pinto | 86 g | 45 | 12 |
| Beans, red | 172 g | 41 | 10 |
| Whole Wheat Bread | 28 g | 20 | 17 |
| Wheat Bran Cereal | 28 g | 20 | 8 |

Source: Weaver, Connie M., William R. Proulx, and Robert Heaney. "Choices for achieving adequate dietary calcium with a vegetarian diet." *American Journal for Clinical Nutrition* 70, no. 3 (September 1999): 543-48.