

Calcium Calculator				
Food	Serving Size	Calcium (mg) per serving/day	Servings/day (n)	Food Total
Milk	200ml	240		0
Soy Milk	200ml	26		0
Soy Milk (enriched)	200ml	240		0
Almond Milk	200ml	90		0
Natural Yoghurt	150g	207		0
Hard Cheese (e.g. Cheddar)	30g (1 slice)	240		0
Feta Cheese	60g	270		0
Tofu	120g	126		0
Almonds	30g	75		0
Sardines (canned, oil)	60g	240		0
Calcium content taken from Healthy Bones Australia				0