



## Food Sources of Calcium and Vitamin D

### Why do I need calcium and vitamin D?

Calcium is one of the building blocks of strong bones. We need to eat foods with calcium throughout our lives because our bones are always being broken down and rebuilt.

Eating foods with calcium helps to prevent bones from becoming weak. Weak bones are more likely to fracture or break. Your body needs Vitamin D to help calcium be absorbed.

Vitamin D also has possible roles in other areas of your health such as immunity, cardiovascular health, cancer prevention and more. However the roles are not well understood yet.

### How much calcium and vitamin D do I need?

#### Recommended amount of calcium per day:

Age	Men	Women
0 to 6 months	200 mg	200 mg
7 to 12 months	260 mg	260 mg
1 to 3 years	700 mg	700 mg
4 to 8 years	1000 mg	1000 mg
9 to 18 years	1300 mg	1300 mg
19 to 50 years	1000 mg	1000 mg
51 to 70 years	1000 mg	1200 mg
Over 70 years	1200 mg	1200 mg

mg = milligram

#### Recommended amount of vitamin D per day:

Age	Men	Women
0 to 1 year	400 IU	400 IU
1 to 70 years	600 IU	600 IU
Over 70 years	800 IU	800 IU

IU = International Units

### Which foods contain calcium?

Calcium is found in small amounts in lots of different foods. Foods that are highest in calcium include milk, yogurt and beverages with calcium added such as fortified orange juice and some plant-based beverages. Cheese is also a good source of calcium. For foods that have a label, calcium is listed in percent daily value (%DV). Foods with 15% or higher of the daily value have a lot of calcium in them. For food sources of calcium without a label. Refer to the Food Sources of Calcium table.

### Which foods contain vitamin D?

Very few foods have vitamin D in them. Foods with a higher amount of vitamin D include fish, liver, and egg yolk.

Foods and beverages that have vitamin D added to them are excellent sources of vitamin D. Cow milk always has added vitamin D. Fortified orange juice, margarine, and many plant-based beverages have it added. For other foods, check the label for the words “fortified with vitamin D” or “enriched with vitamin D”. Fortified and enriched foods are foods that have specific nutrients added to them.

### Should I take a Vitamin D supplement?

Use the Food Sources of Vitamin D table to find out how much vitamin D you usually eat. You might find it difficult to get enough vitamin D from food alone. You can take a single vitamin D supplement or a multivitamin with vitamin D in it.

There are two groups that should take a vitamin D supplement of 400 IU daily:

- infants and young children who are breastfed or breastfed and given some infant formula; and
- adults older than 50 years of age.

### Should I take a calcium supplement?

Use the list of foods in the Food Sources of Calcium table to help you choose a variety of foods to meet your calcium requirement. If you find it hard to get enough calcium from food, talk to your health care provider about the right type and amount of supplement for you.

### Food Sources of Vitamin D

Food	Serving Size	Amount of Vitamin D
Milk	250 mL	103 IU
Fortified rice or soy beverage	250 mL	87 IU
Fortified orange juice	125 mL	100 IU
Fortified margarine	10 mL	60 IU
Egg yolk	1 egg	32 IU
Herring, cooked	75 g	161 IU
Trout, cooked	75 g	148 IU
Mackerel, cooked	75 g	81 IU
Salmon, Atlantic, cooked	75 g	245 IU
Salmon, chum, canned	75 g	202 IU
Salmon, pink, canned	75 g	435 IU
Salmon, sockeye, canned	75 g	557 IU
Sardines, Atlantic, canned	75 g	70 IU
Tuna, canned, light	75 g	36 IU
Tuna, yellowfin (albacore, ahi), cooked	75 g	106 IU
Tuna, bluefin, cooked	75 g	219 IU

## Food Sources of Calcium

Food	Serving Size	Amount of Calcium
Milk, whole, 2%, 1%, skim	250 mL (1 c)	291 to 316 mg
Milk, evaporated	125 mL (1/2 c)	367 mg
Buttermilk	250 mL (1 c)	300 mg
Kefir	250 mL (1 c)	267 mg
Cheese, hard	50 g	370 mg*
Processed cheese spread	60 mL (4 tbsp)	263 mg
Cheese, processed slices	50 g	287 mg
Cottage cheese, 1 or 2%	250 mL (1 c)	146 mg
Pudding or custard made with milk	125 mL (1/2 c)	142 mg
Yogurt, plain	175 g (3/4 c)	272 mg*
Yogurt, fruit bottom	175 g (3/4 c)	206 mg*
Frozen yogurt, soft serve	125 mL (1/2 c)	92 mg
Ice cream	125 mL (1/2 c)	76 mg
Tofu, made with calcium sulphate	150 g	525 mg
White beans, cooked	175 mL (3/4 c)	119 mg
Navy beans, cooked	175 mL (3/4 c)	93 mg
Black beans, cooked	175 mL (3/4 c)	34 mg
Pinto beans, cooked	175 mL (3/4 c)	58 mg
Chickpeas, cooked	175 mL (3/4 c)	59 mg
Tahini (sesame seed butter)	30 mL (2 tbsp)	130 mg
Almonds, dry roast	60 mL (1/4 c)	94 mg
Almond butter	30 mL (2 tbsp)	113 mg
Sesame seeds kernels, dried	60 mL (1/4 c)	23 mg
Sardines, Atlantic canned with bones	75 g	286 mg
Salmon, canned with bones	75 g	212 mg
Fortified rice or soy beverage	250 mL (1 c)	318 mg
Fortified orange juice	250 mL (1 c)	310 mg
Regular soy beverage	250 mL (1 c)	65 mg
Turnip greens, boiled, drained	125 mL (1/2 c)	104 mg
Chinese cabbage/bok choy, boiled, drained	125 mL (1/2 c)	84 mg
Okra, boiled, drained	125 mL (1/2 c)	65 mg
Mustard greens, boiled, drained	125 mL (1/2 c)	87 mg
Kale, boiled, drained	125 mL (1/2 c)	49 mg
Chinese broccoli/gai lan, cooked	125 mL (1/2 c)	46 mg
Broccoli, boiled, drained	125 mL (1/2 c)	33 mg
Orange	1 med	52 mg
Blackstrap molasses	15 mL (1 tbsp)	179 mg
Dried fish, smelt	35 g	560 mg
Tempeh, cooked	150 g	144 mg
Soybean, curd cheese	150 g	282 mg
Seaweed, Wakame, raw	125 mL (1/2 c)	63 mg
Seaweed, dry (agar)	125 mL (1/2 c)	50 mg

mL = milliliter, g = gram, c = cup, tbsp = tablespoon, mg = milligram

\*calcium content may vary, check the label