



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.

Your body needs vitamin D to help absorb calcium. Vitamin D also has other roles in the body and may help to prevent or manage some chronic diseases.

How much calcium and vitamin D do I need?

Recommended amount of calcium per day:

Age	Male	Female
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	Male	Female
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

People who take certain medications or have specific medical conditions, such as osteoporosis, may have different calcium or vitamin D needs and should speak with their health care provider.

Which foods contain calcium?

Calcium is found in varied amounts in lots of different foods. Foods that are highest in calcium include milk, fortified soy beverage, yogurt and tofu made with calcium sulfate. Nuts, seeds, legumes and greens are also sources 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.

Which foods contain vitamin D?

Only a few foods contain vitamin D naturally include fish, liver and egg yolk. Most of the vitamin D in our diet comes

from foods with added vitamin D. In Canada, vitamin D must be added to cow milk and margarine. Other foods like yogurt and soy beverage may also have added vitamin D. Check the percent daily value (%DV) on the label to see if a food contains vitamin D and how much. Foods with 15% or higher of the daily value have a lot of vitamin D.

Should I take supplements?

Use the Food Sources tables below to find out how much calcium and vitamin D you are getting. If you are not getting enough, try adding more food sources to your diet. If you find it hard to get enough from food, you can take a supplement to help meet your needs. Talk to your health care provider if you have questions about the right type or amount of supplement that's best for you.

There are 2 groups who should take a vitamin D supplement of 400 IU daily to help meet their needs:

- Infants and young children who are breastfed, or breastfed and given some infant formula
- Adults older than 50 years of age

Food Sources of Vitamin D

Food	Serving Size	Amount of vitamin D
Egg yolk, cooked	1egg	32 IU
Herring, Atlantic, cooked	75 g	161 IU
Mackerel, Atlantic, cooked	75 g	78 IU
Margarine	10 mL	60 IU
Milk	250 mL	103 IU
Salmon, Atlantic, wild, 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
Soy beverage, unsweetened, fortified	250 mL	87 IU
Trout, cooked	75 g	148 IU
Tuna, bluefin, cooked	75 g	219 IU
Tuna, canned, light	75 g	36 IU
Tuna, yellowfin (albacore, ahi), cooked	75 g	106 IU

Food Sources of Calcium

Food	Serving Size	Amount of Calcium
Milk and milk products		
Buttermilk	250 mL (1 c)	300 mg
Cheese, hard	50 g	370 mg*
Cottage cheese, 1%	250 mL (1 c)	146 mg
Kefir	250 mL (1 c)	267 mg
Milk, evaporated	125 mL (1/2 c)	367 mg
Milk, whole, 2%, 1%, skim	250 mL (1 c)	291 to 316 mg
Yogurt	175 g (3/4 c)	272 mg*
Nuts, seeds and legumes		
Almond butter	30 mL (2 tbsp)	113 mg
Almonds, dry roasted	60 mL (1/4 c)	94 mg
Black beans, cooked	175 mL (3/4 c)	34 mg
Chickpeas, cooked	175 mL (3/4 c)	59 mg
Navy beans, cooked	175 mL (3/4 c)	93 mg
Pinto beans, cooked	175 mL (3/4 c)	58 mg
Sesame seeds kernels, dried	60 mL (1/4 c)	23 mg
Tahini (sesame seed butter)	30 mL (2 tbsp)	130 mg
White beans, cooked	175 mL (3/4 c)	119 mg
Soy foods and beverages		
Soy beverage, unsweetened, fortified	250 mL (1 c)	318 mg
Soy beverage, unsweetened, regular	250 mL (1 c)	65 mg
Soybean, curd cheese	150 g	282 mg
Tempeh, cooked	150 g	144 mg
Tofu, made with calcium sulphate	150 g	525 mg
Vegetables and fruit		
Broccoli, boiled, drained	125 mL (1/2 c)	33 mg
Chinese broccoli/gai lan, cooked	125 mL (1/2 c)	46 mg
Chinese cabbage/bok choy, boiled, drained	125 mL (1/2 c)	84 mg
Kale, boiled, drained	125 mL (1/2 c)	49 mg
Mustard greens, boiled, drained	125 mL (1/2 c)	87 mg
Okra, boiled, drained	125 mL (1/2 c)	65 mg
Orange	1 medium	52 mg
Turnip greens, boiled, drained	125 mL (1/2 c)	104 mg
Other		
Blackstrap molasses	15 mL (1 tbsp)	179 mg
Dried fish, smelt	35 g	560 mg
Salmon, pink, canned with bones	75 g	212 mg
Sardines, Atlantic canned with bones	75 g	286 mg
Seaweed (agar), dry	125 mL (1/2 c)	50 mg
Seaweed, wakame, raw	125 mL (1/2 c)	63 mg

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

*calcium content may vary, check the label