How much calcium per day?

<table>
<thead>
<tr>
<th>Group</th>
<th>0-6 months</th>
<th>7-12 months</th>
<th>1-3 years</th>
<th>4-8 years</th>
<th>9-11 years</th>
<th>12-18 years</th>
<th>19-50 years</th>
<th>&gt;70 years</th>
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</thead>
<tbody>
<tr>
<td>Infants</td>
<td>210 mg*</td>
<td>270 mg*</td>
<td>500 mg</td>
<td>700 mg</td>
<td>1,000 mg</td>
<td>1,300 mg</td>
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<td>Children</td>
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<td>Adolescents</td>
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<td>Men</td>
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<td>Women</td>
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<td>Pregnancy</td>
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<td>Lactating</td>
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The above values represent the Recommended Dietary Intake (RDI) values for Australians. Sourced from the Nutrient Reference Values for Australia & New Zealand (2006).

*Adequate Intake (AI) was used for infants, as an RDI was not available for this age group.

Example of calcium for a day

BREAKFAST .............................................. mg calcium
1 cup of reduced fat or fortified soy milk served with 1/4 cup natural muesli, topped with 1 banana, sliced. .... 310

MORNING TEA
200g tub of plain yoghurt ........................................ 437
1 kiwifruit .................................................... 22

LUNCH
100g canned salmon with bones, avocado and salad in a wholemeal pita bread wrap. Water to drink .......... 277

AFTERNOON TEA
3 wholegrain crispbreads topped with tomato slices and 40g reduced-fat cheddar cheese .................................. 396

DINNER
100g cooked chicken, stir-fried with 1 cup of broccoli. 1/2 cup cooked brown rice. 1 cup malt-based beverage made with water and reduced fat milk .......... 346

Minimum total calcium intake ................................... 1788 mg
Total energy intake ............................................. approx 7312 kJ

Acknowledgements
Produced by the Department of Health, Western Australia, amended with permission by Womens Health & Family Services.
Calcium is required for the normal development of bones and teeth. It also ensures proper functioning of our nerves and heart. Calcium is stored in our teeth and bones which gives them structure and strength.

Low intakes of calcium are linked with an increased risk of osteoporosis, a condition where the bones are weak and brittle, making them easier to break.

People of all ages need calcium, and it is important to consume enough calcium throughout life. Growing children, teenagers and post-menopausal women need more calcium than others do.

Milk and milk products are the best food sources of calcium, as the calcium is easily absorbed. Three serves of dairy per day will help most people achieve their daily calcium requirements. Some non-dairy foods such as fortified soymilk and sardines with bones are good sources of calcium that can also contribute to overall intake. Cooking vegetable sources of calcium (e.g. bok choy, broccoli) can help to increase the absorption of calcium from these foods.

Choosing reduced-fat dairy products is recommended as they are lower in saturated fat and will usually contain more calcium than full-cream dairy. Reduced-fat dairy products are not suitable for children 2 years and under, unless on medical advice.

Avoid soft cheeses (brie, camembert, ricotta, fetta and blue) during pregnancy due to the risk of listeria, a bacterial infection that may result in miscarriage or still-birth.

Average calcium content of foods sourced from: FoodWorks 2009 and NUTTAB 2010