

Coeliac Disease and Bone Health – Optimizing Calcium Intake

Dairy foods are the best source of calcium - 3 servings a day are usually enough to achieve the recommended 1000mg calcium per day for adults (1200mg for women who have reached menopause and men over 60)

| Food per serving | Portion size | Calcium |
|--|------------------------|---------|
| Skimmed milk | 200ml | 248mg |
| Semi skimmed milk | 200ml | 244mg |
| Calcium enriched milk alternative e.g. soya milk or almond milk* | 200ml | 240mg |
| Tinned sardines with bones | 1/2 can, drained (42g) | 230mg |
| Cheddar cheese | 30g | 220mg |
| Canned rice pudding* | 1/2 can (200g) | 176mg |
| Sesame seeds | 2 teaspoons | 170mg |
| Pot of Yoghurt* | 125g | 170mg |
| Fromage frais* | 2 x 47g pots | 140mg |
| Pot of soya yoghurt* | 100g | 120mg |
| Kale | 3 tablespoons (80g) | 120mg |
| Baked beans* | 1/2 tin | 105mg |
| Kidney beans | 120g | 85mg |
| Dried figs | 30g | 75mg |
| Orange | 1 | 70mg |
| Almonds | 30g | 70mg |
| Gluten-free bread* | 2 slices | 70mg |
| Broccoli | 3 tablespoons (80g) | 32mg |
| Dried apricots | 30g | 30mg |

*Please check your Food and Drink Directory for suitable products.

Other gluten-free sources of calcium include tinned fish, dried fruits and firm tofu