



Calcium (mg) per calorie	Food	Serving size	Calories per serve	KJ per serve
9.84	Rocket/arugula	30g (1 cup)	7	27
9.34	Kale, raw	70g (1 cup)	17	72
7.73	Watercress	35g (1 cup)	4	17
4.45	Tuna, John West Protein+Calcium, olive oil	90g (1 tin)	179	750
4.20	Yoghurt, Barambah low fat	100g	50	209
4.18	Bok Choy	70g (1 cup)	69	291
4.18	Parmesan, Mil Lel	20g	73	308
4.16	Dandelion greens	55g (1 cup)	25	105
4.08	Almond milk, Pure Harvest, unsweetened*	250ml	74	308
4.08	Oat milk, Vitasoy unsweetened	250ml	74	308
3.69	Yoghurt, YoPRO Perform	100g	68	286
3.77	Milk, Dairy Farmers skim	250ml	88	353
3.77	Milk, Dairy Farmers Shape	250ml	88	368
3.50	Swiss cheese, Woolworths Light slices	20g (1 slice)	55	228
3.38	Cucumber, Lebanese, unpeeled	120g (1 cup)	15	62
2.93	Edam cheese slices, Coles	20g (1 slice)	63	263
2.87	Swiss cheese, Jarlsberg Lite slices	20g	54	224
2.80	Poppy seeds	12g (3 tsp)	61	257
2.74	Milk, Dairy Farmers Lite White	250ml	113	475
2.70	Spinach, English	30g (1 cup)	6	25
2.61	Mozarella, Devondale	20g	67	282
2.58	Swiss cheese, Coles slices	20g (1 slice)	69	288
2.57	Cheddar cheese, Cheer Tasty Light	20g	67	280
2.53	Parmesan cheese, average	20g	75	313
2.47	Haloumi cheese, average	20g	50	210
2.46	Soy milk, So Good*	250ml	163	683
2.45	Gruyere cheese, average	20g	83	346
2.38	Wombok/Chinese cabbage	100g (1 cup)	11	44
2.37	Yoghurt, Farmers Union Greek Style	100g	83	347
2.36	Mozarella cheese, average	20g	58	243
2.35	Mozarella, Perfect Italiano grated	20g	60	252
2.30	Gouda cheese slices, Coles	20g (1 slice)	69	287
2.26	Edam cheese, average	20g	72	300
2.25	Swiss cheese, Mainland slices	20g (1 slice)	78	328
2.25	Kefir, Blue Bay	100ml	58	242
2.15	Fetta, South Cape reduced fat Greek	20g	55	230
2.15	Kefir, The Collective Probiotic	100ml	55	232
2.14	Yoghurt, Chobani light	100g	56	234
2.07	Kefir, Rokeby Farms Filmjolk Yoghurt	100ml	64	267
1.92	Goat milk, CapriLac	250ml	163	680



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1.91	Milk, Coles organic	250ml	169	705
1.90	Milk, Dairy Farmers full cream	250ml	155	648
1.86	Yoghurt, Jalna biodynamic	100g	87	364
1.86	Cheese, Cheer tasty	20g	81	338
1.83	Tahini, unhulled, Macro	15g (3 tsp)	94	395
1.81	Cabbage, savoy	90g (1 cup)	19	81
1.78	Green beans	125g (1 cup)	32	132
1.76	Sardines, Brunswick, olive oil, drained	74g (1 tin)	134	561
1.70	Sesame seeds	10g (3 tsp)	57	240
1.68	Milk A2	250ml	163	688
1.65	Mussels, steamed	100g	105	438
1.60	Camembert, South Cape	20g	68	286
1.59	Tofu, firm, average	100g	130	543
1.59	Sardines in water, Brunswick, drained	74g (1 tin)	99	416
1.54	Fetta, South Cape Greek style	20g	64	268
1.50	Cucumber, English, unpeeled	120g (1 cup)	14	3
1.46	Camembert, King Island	20g	71	296
1.35	Stilton/Gorgonzola cheese, average	20g	76	316
1.29	Cottage cheese, Bulla	50g	41	172
1.29	Special K, Kellogg's Original*	40g (1 cup)	155	650
1.28	Brie cheese, average	20g	72	302
1.27	Snapper, raw	100g	97	404
1.25	Broccolini	90g (1 cup)	27	114
1.24	Salmon, red, John West	79g (1 tin)	130	543
1.21	Chia seeds	12g (3 tsp)	52	219
1.20	Cabbage, red	90g (1 cup)	26	110
1.16	Yoghurt, Chobani Greek	100g	86	360
1.16	Fetta cheese, average	20g	54	227
1.16	Rhubarb	120g (1 cup)	123	513
1.13	Sardines Brisling in olive oil, King Oscar	80g (1 tin)	239	1000
1.08	Yoghurt, Evia Greek	100g	120	502
1.07	Whey protein powder	30g (1/4 cup)	120	503
1.06	Celeriac, raw	100g	39	162
1.03	Cheerios Original, Uncle Tobys*	40g	155	648
1.02	Broccoli	90g (1 cup)	28	118
1.02	Leeks	100g	33	136
0.91	Sardines in olive oil, John West	80g (1 tin)	237	992
0.85	Strawberries	165g (1 cup)	43	178
0.83	Paw paw	150g	51	213
0.82	Figs, fresh	80g (2 fruit)	37	156



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0.79	Prawns, raw, average	100g	91	381
0.77	Figs, dried	30g (2 fruit)	78	325
0.76	Octopus	100g	70	292
0.75	Carrots, fresh	130g (1 carrot)	45	188
0.74	Cauliflower	90g (1 cup)	22	92
0.70	Ricotta cheese, La Casa Del Formaggio	50g	67	282
0.59	Blackberries	145g (1 cup)	73	306
0.59	Ricotta cheese, Coles smooth	50g	80	333
0.55	Orange	150g (1 fruit)	63	262
0.53	Raspberries	120g (1 cup)	59	245
0.53	Cocoa/cacao	6g (3 tsp)	19	80
0.51	Kiwifruit, green, peeled	150g (2 fruit)	83	345
0.51	Tahini, average	15g (3 tsp)	97	408
0.46	Baked beans, Heinz Salt Reduced	100g	84	351
0.45	Almonds, raw	30g (1/3 cup)	176	738
0.45	Flaxseed, ground	10g (3 tsp)	51	215
0.40	Tofu, Evergreen Hard	100g	346	1448
0.40	Amaranth	30g (1/3 cup)	73	305
0.40	Chickpeas, canned	100g	113	474
0.39	Sweet potato	130g	14	381
0.32	Apricots, dried	30g (4 halves)	64	266
0.31	Kiwifruit, gold, peeled	150g (2 fruit)	87	366
0.28	Egg, boiled, average	50g (1 egg)	69	287
0.26	Prunes, pitted	30g	60	251
0.25	Trout, ocean	100g	288	1205
0.22	Goat cheese, soft, average	20g	57	239
0.22	Brazil nuts, raw	30g (1/3 cup)	207	866
0.21	Lentils, red	50g	163	682
0.21	Salmon, fresh	100g	231	965
0.20	Hummus, average	50g	124	520
0.18	Lentils, green, raw	50g	159	665
0.16	Date, pitted dried	30g	87	364
0.13	Hazelnuts, raw	30g (1/4 cup)	193	807
0.13	Walnuts, raw	30g (1/3 cup)	208	871
0.13	Quinoa	30g (1/3 cup)	113	472
0.11	Oats, rolled	30g (1/3 cup)	107	446
0.07	Macadamia, raw	30g (1/3 cup)	216	905

*These products have added calcium and so should be treated as supplements