

 <b>Calcium Counts</b> <small>For Strong Bones</small>	<a href="http://calciumcounts.com.au">calciumcounts.com.au</a>	
<b>Calcium (mg) per serve</b>	<b>Food</b>	<b>Serving size</b>
800	Tuna, John West Protein+Calcium, olive oil	90g (1 tin)
400	Soy milk, So Good*	250ml
330	Milk, Dairy Farmers skim	250ml
330	Milk, Dairy Farmers Shape	250ml
330	Milk, Dairy Farmers Lite White	250ml
320	Milk, Coles organic	250ml
313	Goat milk, CapriLac	250ml
308	Parmesan, Mil Lel	20g
300	Almond milk, Pure Harvest unsweetened*	250ml
300	Oat milk, Vitasoy unsweetened*	250ml
295	Milk, Dairy Farmers full cream	250ml
273	Milk A2	250ml
270	Sardines Brisling in olive oil, King Oscar	80g (1 tin)
251	Yoghurt, YoPRO Perform	100g
235	Sardines, Brunswick, olive oil, drained	74g (1 tin)
216	Sardines in olive oil, John West	80g (1 tin)
210	Yoghurt, Barambah low fat	100g
206	Tofu, firm, average	100g
202	Gruyere cheese, average	20g
200	Special K, Kellogg's Original*	40g (1 cup)
197	Yoghurt, Farmers Union Greek Style	100g
191	Swiss cheese, Woolworths Light slices	20g (1 slice)
190	Parmesan cheese, average	20g
184	Edam cheese slices, Coles	20g (1 slice)
178	Swiss cheese, Coles slices	20g (1 slice)
176	Swiss cheese, Mainland slices	20g (1 slice)
176	Mozarella, Devondale	20g
173	Mussels, steamed	100g
173	Tahini, unhulled, Macro	15g (3 tsp)
172	Cheddar cheese, Cheer Tasty Light	20g
162	Edam cheese, average	20g
162	Yoghurt, Jalna biodynamic	100g
161	Kale, raw	70g (1 cup)
160	Salmon, red, John West	79g (1 tin)
160	Cheerios Original, Uncle Tobys*	40g
158	Gouda cheese slices, Coles	20g (1 slice)
158	Sardines in water, Brunswick, drained	74g (1 tin)
154	Swiss cheese, Jarlsberg Lite slices	20g
150	Cheese, Cheer tasty	20g
173	Poppy seeds	12g (3 tsp)

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141	Mozarella, Perfect Italiano grated	20g
140	Tofu, Evergreen Hard	100g
137	Mozarella cheese, average	20g
132	Kefir, Rokeby Farms Filmjolk Yoghurt	100ml
130	Kefir, Blue Bay	100ml
130	Yoghurt, Evia Greek	100g
126	Whey protein powder	30g (1/4 cup)
124	Haloumi cheese, average	20g
123	Snapper, raw	100g
120	Yoghurt, Chobani light	100g
120	Rhubarb	120g (1 cup)
119	Kefir, The Collective Probiotic	100ml
118	Fetta, South Cape reduced fat Greek	20g
109	Camembert, South Cape	20g
103	Dandelion greens	55g (1 cup)
103	Camembert, King Island	20g
102	Stilton/Gorgonzola cheese, average	20g
100	Yoghurt, Chobani Greek	100g
99	Fetta, South Cape Greek style	20g
97	Sesame seeds	10g (3 tsp)
92	Brie cheese, average	20g
80	Almonds, raw	30g (1/3 cup)
73	Trout, ocean	100g
72	Prawns, raw, average	100g
64	Rocket/arugula	30g (1 cup)
63	Fetta cheese, average	20g
60	Figs, dried	30g (2 fruit)
58	Bok Choy	70g (1 cup)
56	Green beans	125g (1 cup)
53	Cottage cheese, Bulla	50g
64	Chia seeds	12g (3 tsp)
53	Octopus	100g
50	Cucumber, Lebanese, unpeeled	120g (1 cup)
50	Tahini, average	15g (3 tsp)
48	Salmon, fresh	100g
47	Ricotta cheese, La Casa Del Formaggio	50g
47	Ricotta cheese, Coles smooth	50g
45	Chickpeas, canned	100g
45	Brazil nuts, raw	30g (1/3 cup)
44	Blackberries	145g (1 cup)

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42	Paw paw	150g
42	Kiwifruit, green, peeled	150g (2 fruit)
41	Watercress	35g (1 cup)
41	Celeriac, raw	100g
39	Baked beans, Heinz Salt Reduced	100g
36	Strawberries	165g (1 cup)
35	Cabbage, savoy	90g (1 cup)
35	Sweet potato	130g
35	Lentils, red	50g
34	Broccolini	90g (1 cup)
34	Carrots, fresh	130g (1 carrot)
34	Orange	150g (1 fruit)
33	Leeks	100g
32	Cabbage, red	90g (1 cup)
31	Raspberries	120g (1 cup)
30	Figs, fresh	80g (2 fruit)
29	Amaranth	30g (1/3 cup)
29	Broccoli	90g (1 cup)
28	Lentils, green, raw	50g
27	Kiwifruit, gold, peeled	150g (2 fruit)
27	Walnuts, raw	30g (1/3 cup)
26	Hazelnuts, raw	30g (1/4 cup)
25	Wombok/Chinese cabbage	100g (1 cup)
24	Hummus, average	50g
23	Flaxseed, ground	10g (3 tsp)
22	Cucumber, English, unpeeled	120g (1 cup)
20	Apricots, dried	30g (4 halves)
20	Egg, boiled, average	50g (1 egg)
16	Spinach, English	30g (1 cup)
16	Cauliflower	90g (1 cup)
16	Prunes, pitted	30g
14	Macadamia, raw	30g (1/3 cup)
14	Date, pitted dried	30g
14	Quinoa	30g (1/3 cup)
13	Goat cheese, soft, average	20g
12	Oats, rolled	30g (1/3 cup)
10	Cocoa/cacao	6g (3 tsp)
*These products have added calcium and so should be treated as supplements		