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WHERE DO I GET CALCIUM IF I DON'T EAT DAIRY?

Let's be frank. Dairy foods (that is, products like milk, cream, ice-cream, yoghurt and cheese made from the milk produced by cows, goats and sheep) contain quite high amounts of calcium. However, the calcium in these products has limited bioavailability in the body. Studies show that populations that consume high rates of dairy have the highest rates of osteoporosis, while vegans and Asian populations (who consume much less dairy) have stronger bones. Dairy creates inflammation in the gut, which in turn increases the extraction of calcium from bones to "buffer" the inflammation. So, contrary to popular belief dairy can cause calcium loss, not calcium gain. In fact, the best sources of calcium are quinoa (the highest source of absorbable calcium), broccoli, dark leafy green vegetables, fish, and almonds.

We don't need to eat large quantities of calcium provided our body can absorb and utilise what we eat. We also need to ensure that we have a sufficient intake of magnesium, Vitamin C, boron, and Vitamin D3 to ensure calcium absorption.

To summarise, if you reduce your dairy intake, eat quinoa with lots of vegetables on a regular basis your bones will become stronger.



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What do I need to eat to get 1000mg of Calcium (Ca) a day?

Food Source	Amount	Mg
LEAFY GREENS		
Spinach	1 cup	100mg
Broccoli	1 cup cooked	100mg
Bok Choy	1 cup	200mg
Beet greens	1 cup	165mg
DAIRY		
Milk (Skim)	1 cup	300mg
Milk	1 cup	288mg
Goats Milk	1cup	295mg
Yoghurt	200gm tub	200mg
Cheese (cheddar, swiss)	42gms	300mg
Cottage Cheese	1cup	150mg
FISH		
Canned Salmon	½ cup (small 95g tin)	402mg
Oysters (raw)	1 cup	226mg
Sardines	100grms	300mg
Tuna	100gms	290mg
LEGUMES		
Tofu	112gms	80-150mg



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Tempeh	112gms	172mg
Chickpeas	1 cup cooked	150mg
Black beans	1 cup cooked	135
Soymilk (fortified with Ca)	1 cup	300mg
Soymilk (unfortified)	1 cup	60mg
NUTS & SEEDS		
Almonds/brazil nuts	15nuts	45mg
Sesame seeds	3 tablespoons	300mg
Sunflower seeds	½ cup	87mg
Tahini	1 tablespoon	85mg
SEA VEGETABLES		
Wakame	1 cup	520mg
Agar-agar	1 cup	400mg
Kelp (kombu)	1 cup	305mg
OTHER		
Cereals (fortified with Ca)	1 cup (40g)	200mg
Orange Juice (fortified with Ca)	100ml	80mg
Bread (fortified with Ca)	2 slices	200mg



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What is Calcium good for?	Deficiency in Calcium can cause side effects such as: Allied Health Alliance 10-15 Goode St, Gisborne E: hello@lisahodge.net.au W: www.lisahodge.net.au
Healthy bones, teeth, skin Muscle function regulation Regulation of your heart Blood health Nervous system maintenance Enzyme function	Muscle pain, spasms Rickets P: 0401801743 Osteoporosis and bone fractures and bone pain Hypertension (high blood pressure) Tooth discolouration and increased decay

People mostly at risk of deficiency:

Children, adolescents, pregnant and lactating women and postmenopausal women.

Recommended amounts:

Age	Amount
	Adequate intake
0-6mths	210mg/day
7-12mths	270mg/day
Children	Recommended daily allowance (RDI)
1-3yrs	500mg/day
4-8yrs	700mg/day
Boys	RDI
9-11yrs	1000mg/day
12-18rs	1300mg/day
Girls	RDI
9-11yrs	1000mg/day
12-18yrs	1300mg/day



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Adults	RDI
Men	
19-70yrs	1000mg/day
>70yrs	1300mg/day
Women	
19-50yrs	1000mg/day
50->70yrs	1300mg/day
Pregnancy and lactation	RDI
14-18yrs	1300mg/day
19-50yrs	1000mg/day