

Calcium

- Calcium is the most abundant mineral in the human body; it is a vital structural component in bones and teeth but also initiates muscle contraction and is involved in coagulation, hormone secretion and many other metabolic reactions
- The Recommended Daily Allowance for Calcium (Osteoporosis Canada) based on age groups:
 - Age 15-50: 1000 mg/day
 - Age 50+: 1200 mg/day
 - Pregnant/lactating women: 1000mg/day
- Signs of hypocalcaemia (low calcium):
 - Tiredness
 - Depression, anxiety or confusion
 - Tingling and numbness in extremities
 - Palpitations
 - Laryngeal &/or muscle spasms
 - Seizures in severe cases
- To increase calcium absorption:
 - Eat fresh foods
 - Add some vinegar or lemon juice to water when cooking bones or beans
 - Adequate sunshine, Vitamin D, and magnesium
 - Weight bearing exercise builds bones
- Factors that decrease calcium absorption:
 - Alcohol, caffeine, phosphates (red meat and sodas) and sugar decrease the absorption of calcium

Dairy sources of calcium:

<i>Dairy products</i>	<i>Amount</i>	<i>Calcium content</i>
Milk – whole, 2%, 1%, skim, chocolate	1 cup/250ml	300 mg 400 mg (Calcium enriched)
Buttermilk	1cup/250 ml	186 mg
Milk powder, dry	1 cup/250 mg	810 mg
Yogurt plain 1%, 2%	1 cup/ 250 ml	475 mg
Cheese – Blue, Cheddar, Swiss or other types	3 cm cube	245 mg

Non-dairy sources of calcium (USDA):

<i>Beans</i>	<i>Amount</i>	<i>Calcium content</i>
Soybeans	1cup/180gm	261mg
Black beans	1cup/144gm	240 mg
Pinto beans	1cup/252gm	120mg
Red Kidney beans baked	1cup/262gm	121mg
Garbanzo beans	1cup/220gm	80.6mg

<i>Vegetables</i>	<i>Amount</i>	<i>Calcium content</i>
Kale	1cup/252gm	241mg
Collard greens	1cup/236gm	222mg
Spinach	1cup/230gm	200mg
Turnip greens cooked	1cup/144gm	197mg
Mustard greens cooked	1cup/150gm	152mg
Broccoli florets	1cup/85gm	40mg

<i>Seeds</i>	<i>Amount</i>	<i>Calcium content</i>
Sesame seeds	1cup/144gm	1404mg
Almonds whole raw	1cup/120gm	320mg
Brazil nuts raw	1cup/160gm	240mg
Hazelnuts raw	1cup/120gm	240mg
Sunflower seeds raw	1cup/112gm	80mg
Walnuts	1cup/112gm	80mg

<i>Grains</i>	<i>Amount</i>	<i>Calcium content</i>
Amaranth uncooked	1cup/193gm	307mg
Quinoa uncooked	1cup/170gm	80mg
Buckwheat raw	1cup/150gm	75mg
Rye	1cup/169gm	41mg
Brown rice	1cup/158gm	17mg

<i>Product</i>	<i>Amount</i>	<i>Calcium content</i>
Carob flour	1cup/103gm	348mg
Blackstrap molasses	1Tbsp/15gm	200mg
Dried figs	1cup/149gm	241mg
Dried apricots	100gm	50mg