

Food sources of bioavailable calcium

Food source	Serving size	Calcium content (mg/serving)	Absorption (%)	Estimated calcium absorbed (mg)
Cow's milk	240ml	300	32	96
Almonds	1 handful (28g)	80	21	17
Apricots (dried)	3-4 (30g)	17	35	6
Kidney beans (cooked)	1 cup (177g)	62	24	15
White beans (cooked)	1 cup (182g)	126	22	28
Bok Choy (cooked)	1 cup (170g)	158	52	82
Broccoli (cooked)	1 cup (156g)	62	48	30
Brussel Sprouts (cooked)	1 cup (156g)	56	64	36
Cabbage, Chinese (cooked)	1 cup (170g)	158	54	85
Cabbage, Green (cooked)	1 cup (150g)	72	65	47
Cauliflower (cooked)	1 cup (124g)	20	69	14
Cheddar cheese	30g	240	32	77
Chickpeas (cooked)	1 cup (164g)	80	21	17
Figs (dried)	2 (30g)	49	11	5
Kale (cooked)	1 cup (190g)	179	53	95
Oranges	1 medium (131g)	52	36	19
Rhubarb	1 cup (122g)	105	9	9
Sesame seeds	1 tsp (3g)	29	21	6
Soy milk (calcium added)	240ml	300	21	63
Spinach (cooked)	1 cup (180g)	243	5	12
Sweet Potatoes (cooked & mashed)	½ cup (124g)	33	22	10
Tofu (firm)	½ cup (126g)	258	31	80
Whole wheat bread	28g	30	82	25
Wheat bran cereal	28g	20	22	4
Yoghurt	240ml	300	32	96

References

Shkempi, B. & Huppertz, T. (2022). Calcium absorption from food products: Food matrix effects. *Nutrients*. Vol. 14

University of Rochester Medical Centre. Encyclopedia: Nutrition Facts. Available from: <https://www.urmc.rochester.edu/encyclopedia/collection.aspx?subtopicid=15124>

Weaver, C.M., & Heaney, R.P. (2006). Food Sources, Supplements, and Bioavailability. In: *Calcium in Human Health*. 129–142. Available from: https://link.springer.com/chapter/10.1007/978-1-59259-961-5_9

Weaver, C.M., Heaney, R.P., Connor, L., Martin, B.R., Smith, D.L., & Nielsen, S. (2002). Bioavailability of calcium from tofu as compared with milk in premenopausal women. *Journal of Food Science*, 67(8), 3144–3147.

Weaver, C.M., Heaney, R.P., Martin, B.R., & Fitzsimmons, M.L. (1991). Human calcium absorption from whole-wheat products. *Journal of Nutrition*, Nov 121(11), 1769-1775.

Weaver, C.M., Heaney, R.P., Nickel, K.P., & Packard, P.I. (1997). Calcium bioavailability from high oxalate vegetables: Chinese vegetables, sweet potatoes and rhubarb. *Journal of Food Science*, 62(3), 524–525.

Weaver, C.M., Heaney, R.P., Proulx, W.R., Hinders, S., & Packard, P.T. (1993). Absorbability of Calcium From Common Beans. *Journal of Food Science*, 58(6), 1401–1403.

Weaver, C.M., Proulx, W.R., & Heaney, R. (1999). Choices for achieving adequate dietary calcium with a vegetarian diet. *American Journal of Clinical Nutrition*, 70(3 Suppl), 543S-548S.