

Calcium Foods for Dairy Intolerance

A constant supply of calcium is necessary throughout our lifetime, but is especially important during phases of growth, pregnancy, breast feeding and post-menopause. About 10-40% of dietary calcium is absorbed in the small intestine with the help of vitamin D. Factors that improve calcium absorption include adequate amounts of protein, magnesium, phosphorous, and vitamin D (get some sunshine). Conditions that reduce calcium absorption include digestive disturbances, the consumption of alcohol, coffee, sugar, some medications as well as chronic stress. Lack of weight bearing exercise can cause an increase in calcium losses, and a calcium deficiency can increase risk of bone disorders such as osteoporosis.

Unfortunately, some people are intolerant to dairy products, one of the richest sources of dietary calcium. This following handy table will give you a good idea of the quantities of different foods you need to consume to obtain 300 mg of calcium. The food list is for foods high in calcium, yet low in calories. Post-menopausal women will benefit from consuming at least 4 to 5 serves of these foods daily in order to obtain sufficient calcium. (1200 – 1500mg).

	Calcium (mg)
250ml (one cup) cow's milk	300
1 ¼ cups cooked spinach or other deep-green vegetable	300
2 cups steamed broccoli	300
200gr Tofu	300
80gr soy milk powder	300
1 small standard can of sardines	300
300gr tin of salmon	300
50gr whitebait	300
110gr almonds	300
25 gr unhulled sesame seeds (tahini) (one Tblsp)	300
120gr parsley	300
110gr dried figs	300
50gr molasses	300
80gr carob	300
150gr Muesli (good commercial varieties)	300

The recommended daily allowance (RDA) for calcium varies with age

Children up to 10yrs:	300 – 600mg
Adolescents:	700 – 1000mg
Women 20 – 35yrs:	800 – 1000mg
Pregnant or Breastfeeding	1500mg
Pre & Post menopausal women	1000 – 1500mg