

Department of  
**NUTRITION AND DIETETICS**

# Calcium in Your Diet



# About Calcium

## What is Calcium?

Calcium is a mineral required for various body functions and strong bones. Adequate calcium intake is important to keep our bones healthy and help minimise the risk of osteoporosis.

## Osteoporosis

It is a medical condition of low bone mass that leads to weak bones and increased risks of fractures.

















*It is important to achieve maximum bone growth (peak bone mass) before 30 years old*

## How Much Calcium is Enough?

Category	Calcium (mg/day)	Vitamin D (mcg/day)
Adults (19 – 50 years old)	800	2.5
Adults (51 years old and above)	1000	2.5
Breastfeeding / Pregnant Women	1000	10.0

# Calcium Sources

Calcium Content Guide ( 1 ★ = 100mg of calcium  
Aim to consume 8-10 ★s daily )

Food		Calcium Stars	Content (mg)
*1 Glass Hi-Calcium Low Fat Milk (250ml/4 tbsp Milk Powder)			500
1 Glass Hi-Calcium Soy Milk (250ml)			500
2 tbsp Non Fried Dried Ikan Bilis (40g)			270
5 Dried Figs (100g)			240
1 Piece Canned Low Sodium Sardines (70g)			190-250
*1 Small Tub Yogurt (100-150g)			150-250
*1 Slice Low Fat Low Salt Cheese (20g)			100-290

\*Contains lactose

# Calcium Sources

Food (continued)		Calcium Stars	Content (mg)
*1 Serve Yogurt Drink (200-250ml)		★ ★	180-340
1 Slice Hi-Calcium White Bread (60g)		★ ★	150-210
½ Piece Taukwa (100g)		★ ★	150-230
1 Cup Calcium- Fortified Cereal (40g)		★ ★	160-200
1 Sachet Calcium- Fortified Cereal Drink (30g)		★ ★	80-200, up to 600
½ Package Tofu (150g)		★	90-140
1 Serve Dark Green Vegetable (¾ cup)		★	50-200
¼ Cup Almond (100g)		★	100

\*Contains lactose

Calcium values may differ across products.

Sources: Health Promotion Board and product packaging.

# Calcium Absorption

## Factors That Increase Calcium Absorption

When exposed to sunlight, our skin produces Vitamin D, which promotes calcium absorption.

Health Promotion Board  
recommends sunlight exposure for  
5 – 30 minutes, twice a week, ideally  
between 10am - 3pm



## Dietary Sources of Vitamin D:



Oily Fish  
(eg: Salmon)



Vitamin D  
Fortified Margarine



Egg Yolk



Liver



Vitamin D  
Fortified Cereal



Vitamin D  
Fortified Cheese



Soy Milk



Vitamin D  
Fortified Milk

## Factors That Increase Calcium Loss

Avoid excessive sodium (less than 5g salt a day) and reduce caffeine intake as it may increase calcium loss in the urine. Smoking or excessive alcohol intake is also associated with osteoporosis.

# Alternative Calcium Sources

## Lactose Intolerance

If you are lactose intolerant, avoid dairy products as they can cause bloating or diarrhoea. Instead, aim to meet your calcium requirements with (calcium fortified) soy products, fish with edible bones.



Soy products such as soy milk and tofu



Anchovies

## Alternative Calcium Sources

If you are unable to obtain enough calcium from your diet, you may consider calcium supplements. Discuss with your doctor or health care professional regarding appropriate doses.



Calcium Supplements

Clinics B2  
TTSH Medical Centre, Level B2  
Contact:  
6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to  
access the information online or visit  
<http://bit.ly/TTSHHealth-Library>

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