Departments of Nutrition and Dietetics
Norfolk and Norwich University Hospital NHS Trust
Norfolk Community Health and Care NHS Trust

Calcium Content of Gluten free Foods

Calcium is needed to help build and maintain healthy bones and teeth, as later in life people with coeliac disease are at increased risk of osteoporosis. Please see below for foods that can contribute to your calcium intake and the amount of calcium that they contain. See overleaf for daily calcium requirements for people with coeliac disease.

	Food	Calcium content
Dairy Sources	Glass of skimmed milk (280ml, ½ pint)	355 mg
	Glass of semi-skimmed milk (280ml, ½ pint)	345 mg
	Glass of whole milk (280ml, ½ pint)	340 mg
	Pot of yogurt (check gluten-free) (150g)	225 mg
	Cheddar cheese (30g)	220 mg
	2 tablespoons grated hard cheese (20g)	150 mg
	Cheese snack (such as cheese string, mini babybel)	130 mg
	Semi-skimmed milk on gluten free cereal (100ml)	125 mg
	1 large cheese spread triangle (23g)	120 mg
	1 pot fromage frais (check gluten free) (100g)	85 mg
	1 scoop ice cream (check gluten free) (60g)	75 mg
Dairy Free Alternatives	Glass of calcium enriched soya milk (280ml, ½ pint)	340 mg
	Lactofree milk (280ml, ½ pint)	380 mg
	Glass of calcium enriched rice milk (280ml, ½ pint)	335 mg
	Pot of soya yogurt (125g)	150 mg
	Soya custard (120g)	150 mg
	Pot of soya dessert	150 mg
	1 scoop of soya ice cream	135 mg
	Tofu (50g)	250 mg
Non-Dairy Sources	Fruit juice with added calcium (250ml)	300 mg
	2 tinned pilchards	275 mg
	2 tinned sardines with bones	260 mg
	Calcium fortified bottled water (per litre)	5 – 300* mg
	4 white bait (16g)	140 mg
	1 tablespoon of tahini (sesame seed paste)	130 mg
	3 tablespoons of gluten free muesli (50g)	123 mg
	Shelled prawns (60g or 20 prawns)	100 mg
	Small can baked beans in gluten free sauce (150g)	80 mg
	1 large orange (210g)	70 mg
	2 tablespoons cooked spring greens	70 mg
	2 slices gluten free bread (white or brown)	50-450* mg
	3 dried figs	150 mg
	7 dried apricots (56g)	40 mg
	2 spears of broccoli (90g)	30 mg
	1 egg (57g)	30 mg
	1/6 of a small cabbage, boiled	30 mg
	Bag of peanuts (50g)	30 mg
	3 tablespoons of boiled lentils	25 mg
	1 tablespoon of kidney beans	25 mg
	1 tablespoon of hummus (check gluten free)	12

* Check the label as there is a large variation in calcium content between brands

Calcium Content of Gluten free Foods

Daily Requirements for People with Coeliac Disease

The amount of calcium you need varies at different stages of life.

Infants	under 1 year	= 525mg
Children	1 – 3 years	= 350mg
	4 – 6 years	= 450mg
	7 – 10 years	= 550mg
Adolescents	11 – 18 years girls	= 800mg
	11 – 18 years boys	= 1000mg
Adults		= 1000-1500mg