

## **Are Dairy Products the only sources of calcium?**

It is true that dairy products are not the only sources of calcium. Calcium can be found in many other foods besides milk, cheese and yoghurt. The question is; are you prepared to eat 45 tablespoons of sesame seeds to obtain the same amount of calcium that you will find in 250ml of milk?

People often ask if they can use sesame seeds, leafy vegetables or nuts as an alternate calcium source to dairy products. The following table gives an indication of the quantities of some common foods that contain the same amount of calcium as 250ml of milk.

FOOD	QUANTITY	FOOD	QUANTITY
Almonds	120g	Broccoli	1kg
Apples	7.5kg	Eggs, boiled	18
Apricots, dried	430g	Salmon, canned with bones	140g
Baked Beans	900g	Sesame Seeds	45 tsp
Bread Wholemeal	20 slices	Spinach	600g

The other factor to consider is that the calcium in dairy foods is absorbed more efficiently than from other sources. This means that although you might be feeling really hungry and manage to munch your way through 7.5kg of apples, you still won't absorb the same amount of calcium found in 1 cup of milk.

Most people will be able to obtain their daily requirement of calcium by eating three servings of dairy everyday. One serving is equal to:

- 1 glass (250ml) of milk
- 1 tub (200g) yoghurt
- 2 slices (40g) of cheese

**Source:** Truth, lies & chocolate. Julie Meek 2009



Truth, Lies & Chocolate explores 99 Facts and Fairytales about food covering chocolate, red wine, coffee, omega-3, detoxing and diet soft drinks.

There are even enlightening tips on carbohydrates and the Glycaemic Index, top energy tips, probiotics and sports drinks.

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