

COMPARING CALCIUM CONTENT

1 calcium ★ = 100mg of calcium
Daily requirement (61 years old and above) is 1000mg of calcium



| | Milk | Low fat cheese | Low fat yoghurt | Non-fried dried anchovies | Canned sardine |
|---------------|-----------------|----------------|-----------------|---------------------------|----------------|
| Serving size | 1 glass (250ml) | 1 slice | 1 cup (140g) | 2 tablespoons (40g) | 1 piece (~70g) |
| Calcium stars | ★★★ | ★★ | ★★ | ★★★ | ★★★ |



| | Tofu | Tau Kwa | Almonds | Chye Sim/Spinach | Kai Lan | Broccoli |
|---------------|---------------|-----------------------|-------------|------------------|---------|--------------|
| Serving size | ½ pack (150g) | 1 square piece (100g) | ¼ cup (30g) | ¾ mug (100g) | ¾ (mug) | 1 ½ mug 200g |
| Calcium stars | ★ | ★★ | ★ | ★★ | ★★ | ★ |

This information is for educational purpose only. This is not intended for use in the diagnosis or treatment of any health condition without consulting a qualified healthcare professional. Yishun Health shall not be responsible for any injury nor damage caused to any individual as a result of using this information, directly or indirectly. You should seek the advice of your healthcare professionals in relation to queries pertaining to any health condition. Please contact Khoo Teck Puat Hospital at (65) 6555 8828 if you wish to make an appointment to consult with our dietitians or pharmacists. You may download and print this information for your personal use only. You may not reproduce, distribute, modify, transmit, post, or otherwise use this content for public or commercial purposes without prior written permission from the Nutrition & Dietetics Department, Yishun Health. All rights reserved.



Yishun Health Campus is a network of medical institutions and health facilities of the National Healthcare Group.
Admiralty Medical Centre • (65) 6807 8000 • www.admiraltymedicalcentre.com.sg
Khoo Teck Puat Hospital • (65) 6555 8000 • www.ktph.com.sg
Yishun Community Hospital • (65) 6807 8800 • www.yishuncommunityhospital.com.sg

The information is correct at the time of printing and subject to revision without further notice.

1 calcium ★ = 100mg of calcium
 Daily requirement (51 years old and above) is
 1000mg of calcium



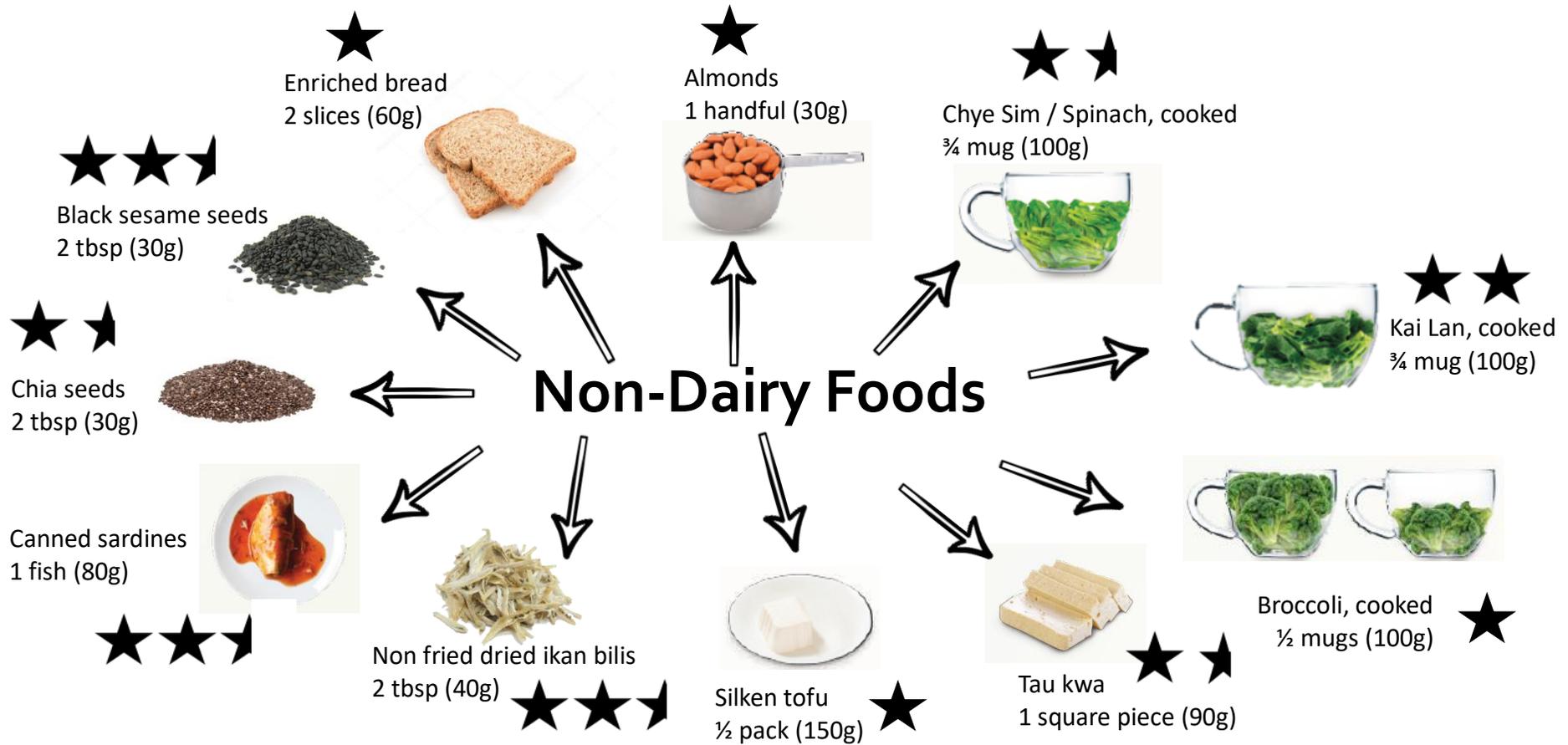
| | Anlene (concentrate) | Anlene Move Max Regular Milk Powder | Anlene Move Max Gold Milk Powder | Low fat milk | Soya milk – High calcium (reduced sugar) | Calcium carbonate |
|---------------|----------------------|-------------------------------------|----------------------------------|--------------|--|----------------------|
| Serving size | 110 ml | 4 tbsp (30g) | 4 tbsp (30g) | 200ml | 1 glass - 250ml | 625mg (up to 1250mg) |
| Calcium stars | ★★★★★ | ★★★★★ | ★★★★★ | ★★★ | ★★★★★ | ★★★★★ |



| | Ensure | Ensure Life | Ensure NutriVigor | Ensure Acti M ² | Glucerna | Glucerna® Triple Care Powder | Propass | Myostein |
|---------------|--------|------------------|-------------------|----------------------------|----------|------------------------------|--------------|--------------|
| Serving size | 250ml | 6 scoops (60.6g) | 6 scoops (54.1g) | 6 scoops (53.5g) | 250ml | 5 scoops (52.1g) | 1 scoop = 8g | 1 scoop = 6g |
| Calcium stars | ★★ | ★★ | ★★★★★ | ★★★★★ | ★★ | ★★ | ★ | ★ |

NON-DAIRY, HIGH CALCIUM SOURCES

1 calcium ★ = 100mg of calcium
Daily requirement (51 years old and above) is 1000mg of calcium



This information is for educational purpose only. This is not intended for use in the diagnosis or treatment of any health condition without consulting a qualified healthcare professional. Yishun Health shall not be responsible for any injury nor damage caused to any individual as a result of using this information, directly or indirectly. You should seek the advice of your healthcare professionals in relation to queries pertaining to any health condition. Please contact Khoo Teck Puat Hospital at (65) 6555 8828 if you wish to make an appointment to consult with our dietitians or pharmacists. You may download and print this information for your personal use only. You may not reproduce, distribute, modify, transmit, post, or otherwise use this content for public or commercial purposes without prior written permission from the Nutrition & Dietetics Department, Yishun Health. All rights reserved.



Yishun Health Campus is a network of medical institutions and health facilities of the National Healthcare Group.
Admiralty Medical Centre • (65) 6807 8000 • www.admiraltymedicalcentre.com.sg
Khoo Teck Puat Hospital • (65) 6555 8000 • www.ktp.com.sg
Yishun Community Hospital • (65) 6807 8800 • www.yishuncommunityhospital.com.sg

The information is correct at the time of printing and subject to revision without further notice.

NON-DAIRY, HIGH CALCIUM SOURCES

HOW TO ACHIEVE ADEQUATE CALCIUM INTAKE WITHOUT DAIRY

Try to include some of these food items into your meals.

1 calcium ★ = 100mg of calcium
Daily requirement (51 years old and above) is 1000mg of calcium

| | | |
|------------------|---|-----------------------------|
| Breakfast |  <p>★ Enriched bread 2 slices (60g)</p> | Calcium Content ★ |
| Snacks |  <p>★ Almonds 1 handful (30g)</p> | ★ |
| Lunch |  <p>★ ★ + ★ ★ Tau kwa 1 square piece + Chye Sim, cooked ¾ mug (100g)</p> | ★ ★ ★ |
| Dinner |  <p>★ ★ + ★ ★ ★ + ★ Kai Lan, cooked ¾ mug (100g) + Canned sardines 1 fish (80g) + Black sesame seeds 1 pinch (5g)</p> | ★ ★ ★ ★ ★ |

Please contact KTPH Dietitian at 6602 2420 or YCH Dietitian at 6807 8584 if you have any nutrition related question.

This information is for educational purpose only. This is not intended for use in the diagnosis or treatment of any health condition without consulting a qualified healthcare professional. Yishun Health shall not be responsible for any injury nor damage caused to any individual as a result of using this information, directly or indirectly. You should seek the advice of your healthcare professionals in relation to queries pertaining to any health condition. Please contact Khoo Teck Puat Hospital at (65) 6555 8828 if you wish to make an appointment to consult with our dietitians or pharmacists. You may download and print this information for your personal use only. You may not reproduce, distribute, modify, transmit, post, or otherwise use this content for public or commercial purposes without prior written permission from the Nutrition & Dietetics Department, Yishun Health. All rights reserved.



Yishun Health Campus is a network of medical institutions and health facilities of the National Healthcare Group.
Admiralty Medical Centre • (65) 6807 8000 • www.admiraltymedicalcentre.com.sg
Khoo Teck Puat Hospital • (65) 6555 8000 • www.ktph.com.sg
Yishun Community Hospital • (65) 6807 8800 • www.yishuncommunityhospital.com.sg

The information is correct at the time of printing and subject to revision without further notice.