

NHS Grampian Calcium Questionnaire

To assess your average daily calcium intake enter the number of times **in a week** that you eat the food listed below, multiply that number by the values given and enter that in the column total. Add up the totals in the last column and then divide by seven to get your average daily calcium intake. **Normal healthy adult approx. 700mg/day.**

Example: for cups of tea with milk if you have tea 21 times in a week:

Cups of tea with milk 21 X 40mg = 840mg

Food	Total per week	Multiplied by	Total mg calcium
Cups of tea with milk		40mg	
Cups of coffee with milk		50mg	
Milky drinks		250mg	
Milk with cereal		155mg	
Slices of white or brown bread		30mg	
Slices of wholemeal bread		15mg	
Portions of cheese		320mg	
Portions of cottage cheese		50mg	
Biscuits		30mg	
Portions of cake		50mg	
Portions of milk pudding (custard, ice cream, yoghurt etc)		100mg	
Portions of green vegetables		40mg	
Portions of sardines or pilchards		350mg	
Portions of fish		50mg	
Porridge		37mg	
Muesli		100mg	
Pancakes or crumpets		80mg	
Oranges		75mg	
Eggs (X2 for scrambled or omelette)		37mg	
Cheese omelette		477mg	
Cheese sauce		190mg	
Quiche		200mg	
Lasagne, moussaka or similar		225mg	
		TOTAL per week	
		Divide by 7	
		for daily intake	

NHSG Osteoporosis Advice Line: 01224 555078 (message service)

Royal Osteoporosis Society: <https://theros.org.uk/>

Helpline: 0808 800 0035