<table>
<thead>
<tr>
<th>Age</th>
<th>Calcium needs (RNI*, mg/day)</th>
<th>Portion sizes</th>
<th>Calcium content mg</th>
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</table>
| 1-3 years            | 350                         | 100ml (½ adult glass) whole/semi-skimmed milk  
80g (2 tablespoons) whole plain yogurt  
15g (small cube) hard cheese  
These portion sizes provide approximately 391mg of calcium | 120 160 111        |
| 4-6 years            | 450                         | 189ml (⅓ pint) semi-skimmed milk  
80g (2 tablespoons) whole plain yogurt  
20g (2 tablespoons grated) hard cheese  
These portion sizes provide approximately 535mg of calcium | 227 160 148        |
| 7-10 years           | 550                         | 189ml (⅓ pint) semi-skimmed milk  
125g pot low-fat plain yogurt  
20g (2 tablespoons grated) reduced-fat hard cheese  
These portion sizes provide approximately 600mg of calcium | 227 203 168        |
| 11-18 years Male     | 1000                        | 284ml (½ pint) semi-skimmed milk  
200g (5 tablespoons) low-fat plain yogurt  
45g (sandwich portion) reduced-fat hard cheese  
These portion sizes provide approximately 1043mg of calcium | 341 324 378        |
| 11-18 years Female   | 800                          | 250ml (large glass) semi-skimmed milk  
200g (5 tablespoons) low-fat plain yogurt  
30g (small matchbox) reduced-fat hard cheese  
These portion sizes provide approximately 832mg of calcium | 300 280 252        |
| 19 years and over    | 700                          | 200ml (glass) semi-skimmed milk  
150g pot low-fat plain yogurt  
30g (small matchbox) reduced-fat hard cheese  
These portion sizes provide approximately 735mg of calcium | 240 243 252        |

* RNI, Reference Nutrient Intake, is a figure set by the Department of Health for the amount of a nutrient that is enough to meet the dietary needs of most people (97.5%).

Breastfeeding women
As listed for age group plus another 550mg

18 years and under
800 + 550 = 1350mg/day

19 years and over
700 + 550 = 1250mg/day

The Department of Health recommends that children under two need whole milk and full-fat cheese and yogurt. If they’re over two, they can have semi-skimmed milk and lower-fat dairy products if they are good eaters and growing well. Skimmed and 1% milk are not suitable for children under five.