

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.**

* 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%).

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