

## Getting Enough Calcium and Vitamin D for Pregnancy

**Calcium** is important for bone health during pregnancy. Pregnant women require **1,000mg calcium** every day. Pregnant teenage girls require **1,300mg calcium** every day.

**Vitamin D** is also important for calcium absorption and general health. Pregnant women require **15µg (600 IU) vitamin D** every day. Your body makes most of its vitamin D from sunlight, which is not a reliable source in Ireland, especially during winter months. It is recommended that **all pregnant women** take a **supplement of 15µg vitamin D** every day (*this amount is found in most pregnancy multivitamins*).

Food	Portion	Calcium	Vitamin D
<b>Milk</b>			
Cow's Milk (full-fat and low-fat)	1 glass (200ml)	240mg	
Supermilk ®	1 glass (200ml)	320mg	4ug
Fortified cow's milk	1 glass (200ml)	250mg	2ug
Ovaltine or hot chocolate (25g made with 200ml milk)	200ml	440mg	
Cheese	30g	220mg	
Cheese triangle	1 triangle (17g)	80mg	
Yoghurt	125g pot	200mg	
Petits Filous ®	50/90g pot	75/135mg	1.5/2.6ug
Cal-In Plus ® fortified yoghurts	125g pot	400mg	5ug
ProU ® fortified yoghurt	150g pot	660mg	7.5ug
Custard or rice pudding	120ml serving	130mg	
Ice-cream	1 scoop (60g)	60mg	
Milk chocolate	30g bar	60mg	
<b>Dairy alternatives</b>			
Calcium-enriched yoghurt alternatives (e.g. soya)	125g pot	150mg	1ug
Calcium-enriched Soya, Oat and Almond "milks"	1 glass (200ml)	240mg	1.5ug
<b>Fruit and Vegetables</b>			
Tofu (if set with calcium chloride – E509 – or calcium sulphate – E516 – not nigari).	60g	200mg	
Kale (cooked)	100g	150mg	
Pak choi (cooked)	100g	73mg	
Broccoli (cooked)	100g (3 spears)	40mg	
Orange	1 medium	40mg	
Orange juice with Calcium	200ml glass	270mg	
Dried figs	4 (50g)	115mg	
<b>Cereals and grains</b>			
Ready Brek ®	30g serving	400mg	1.3ug
White/ brown bread	2 slice	80mg	
Vitamin D fortified bread	2 slices	80mg	0.8ug
<b>Nuts/ Seeds/ Beans</b>			
Baked beans	½ tin (200g)	100mg	
Chickpeas	1 Tblsp. (35g)	20mg	
Almonds	6 whole	15mg	
Sesame Seeds/ Tahini paste	1 Tblsp. (19g)	130mg	
<b>Other</b>			
Egg (whole)	1	25mg	1ug
Salmon (eaten with bones)	½ tin (50g)	47mg	6.5ug
Sardines (eaten with bones)	½ tin (60g)	250mg	5ug

*Leafy green vegetables are often rich in calcium, but some of them are also high in oxalates (compounds that bind calcium) which reduce its absorption. High-oxalate foods include spinach, beet, chard and rhubarb. Even though these foods contain calcium, you won't absorb much of it so they are not be considered good sources.*