









DAILY Calcium-calculating MEAL PLAN

MEAL 	EXAMPLE MENU 	CALCIUM mg
 BREAKFAST Number of portions per food group <ul style="list-style-type: none"> ● 1 milk ● 2 starch ● 1 fruit Total calcium for breakfast	250ml milk 125ml Pronutro wholewheat 250ml paw-paw	300 230 32 562
 MORNING SNACK Number of portions per food group <ul style="list-style-type: none"> ● 1 milk 	100ml flavoured yoghurt	150
 LUNCH Number of portions per food group <ul style="list-style-type: none"> ● 1 meat + ● 2 starch ● 1 fruit Total calcium for lunch	75g quiche* 1 apple	105 11 116
 AFTERNOON SNACK Number of portions per food group <ul style="list-style-type: none"> ● 1 fruit 	1 medium (165mg) pear	18
 SUPPER Number of portions per food group <ul style="list-style-type: none"> ● 2 starch ● 3 meat ● 2 vegetable Total calcium for supper	1 medium baked potato 100g lean lamb chops 75g steamed broccoli 105g baked butternut	10 6 35 15 66
 LATE EVENING SNACK Number of portions per food group <ul style="list-style-type: none"> ● 1 milk Foods for daily use	250ml Cafe Latte (milk coffee) 15g butter 3 x 45ml milk for tea/coffee 1.5L water	300 164
Total Calcium for the day		1376



*Refer to recipes



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 For alternative food choices refer to the Food Groups

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MEAL 	EXAMPLE MENU 	CALCIUM mg
BREAKFAST		
	Number of portions per food group <ul style="list-style-type: none"> ● ½ milk ● 2 starch ● 1 fruit Total calcium for breakfast	125ml milk 150 250ml cooked oats (30g raw) 230 1 medium (180mg) orange 72 452
MORNING SNACK		
	Number of portions per food group <ul style="list-style-type: none"> ● 1 milk 	175ml drinking yoghurt 248
LUNCH		
	Number of portions per food group <ul style="list-style-type: none"> ● 3 meat ● 2 starch ● 1 vegetable ● 1 fruit Total calcium for lunch	75g tuna or pilchards + 180 25g cottage cheese 25 1 seed bread roll 35 120g mixed salad (lettuce, tomato, cucumber, onions, celery) 20 1 medium bunch grapes 12 272
AFTERNOON SNACK		
	Number of portions per food group <ul style="list-style-type: none"> ● 1 fruit 	2 medium prickly pears (120g) 168 alternatively 1 orange (75g)
SUPPER		
	Number of portions per food group <ul style="list-style-type: none"> ● 2 starch ● 3 protein ○ 1 beans ● 2 vegetable Total calcium for supper	1 medium tortilla 1 100g chilli con carne 36 (lean mince meat, cannellini beans, kidney beans, chilli, fresh coriander) 75g cole slaw 29 75g roasted beet root 8 74
LATE EVENING SNACK		
	Number of portions per food group <ul style="list-style-type: none"> ● 1 milk Foods for daily use	250ml milk with Nesquick / Milo / Ovaltine / Cocoa 300 15g butter 164 3 x 45ml milk for tea/coffee 1.5L water
Total Calcium for the day		1697









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MEAL 	EXAMPLE MENU 	CALCIUM mg
 BREAKFAST Number of portions per food group <ul style="list-style-type: none"> ● 1 milk ● 2 starch ● 1 fruit Total calcium for breakfast	175ml plain yoghurt 125ml muesli with nuts 250ml fresh fruit salad	149 55 30 234
 MORNING SNACK Number of portions per food group <ul style="list-style-type: none"> ● 1 fruit 	100g (5) dried apricots	45
 LUNCH Number of portions per food group <ul style="list-style-type: none"> ● 1 meat ● 2 starch ● 1 vegetable ● 1 fruit Total calcium for lunch	2 tbl grated cheese (30ml) 2 slices seed bread Lettuce, tomato and onion 1 medium peach (120g)	237 25 20 7 289
 AFTERNOON SNACK Number of portions per food group <ul style="list-style-type: none"> ● 1 milk 	100ml flavoured yoghurt	150
 SUPPER Number of portions per food group <ul style="list-style-type: none"> ● 2 starch ● 3 meat ● 2 vegetable ○ 1 beans Total calcium for supper	250ml mashed potatoes 100g haddock with cheese sauce and 90g spinach 120g herb salad (lettuce, watercrest, parsley, celery and peppadew) 60g chick peas	10 6 357 35 46 454
 LATE EVENING SNACK Number of portions per food group <ul style="list-style-type: none"> ● 1 milk Foods for daily use	250ml milk with Nesquick / Milo / Ovaltine / Cocoa 15g butter 3 x 45ml milk for tea/coffee 1.5L water	300 164
Total Calcium for the day		1636



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