

Food Rich in Calcium and Vitamin D

Sources Of Vitamin D¹

Most people meet some of their vitamin D needs through sunlight exposure.

Source	Amount of Vitamin D (IU)
Cod liver oil (1 table spoon)	1360
Salmon fish (85g)	447
Tuna fish (85 g)	154
Milk (1 cup)	11-124
Egg yolk (1 large)	41

Sources Of Calcium²

Sources	Amount of Calcium (mg)
Milk and Milk Products	
Cow milk (250 ml)	300
Buffalo (250 ml)	525
Khoya (25 g)	239
Cheese Slice (20g)	158
Curd (Cow milk) (1 bowl)	149
Animal Products	
Rohu fish	160
Pulses	
Ragi (Nachni)(25 g)	75
Whole Bengal gram (Kale chane) (25 g)	72
Red bean (rajma (25 g)	65
Soyabean (25g)	60

Green Leafy Vegetables	
Chaulai (1 bowl)	397
Fenugreek (Meethi (1 bowl)	395
Sarse (1 bowl)	155
Bathua (1 bowl)	150
Dry Fruits and Seeds	
Dried Figs (Anjeer) (5 whole)	95
Gingelly seed (Til)	363

References

1. *Adapted from National Institute of Health,2016 & J Midlife Health 2013;4(2):107-26*
2. *J Midlife Health. 2013 4(2); 107-26*



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