



**And remember to always eat healthy!**



## *Calcium in Pregnancy*

**See the Health Worker, Midwife or Dietitian at your clinic for more Information**

**Clinic Hours:**



# Calcium in Pregnancy



**Look after yourself  
Look after your baby**

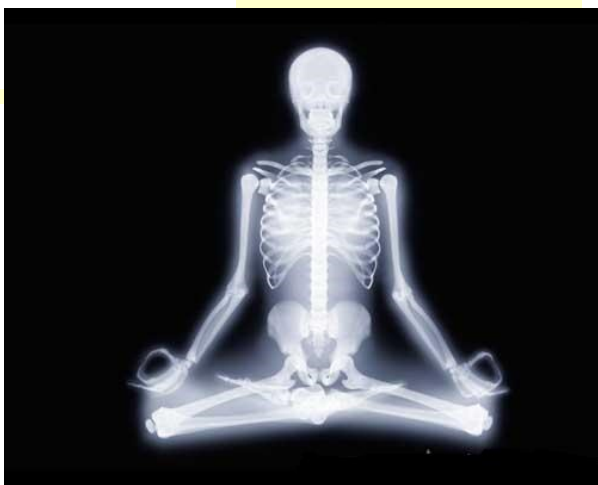


## Why do you need calcium?

Calcium is important for maintaining healthy bones. A large shift of calcium to the baby happens during the third trimester of pregnancy as the baby starts to develop and strengthen its bones.

## What happens when the mother doesn't get enough calcium in her diet?

If the mother does not get enough calcium from her diet, the calcium supply to the baby will be drawn from the mother's bones. This may further lead to low bone mass.



## How much calcium do you need?

Normally, you need **800 mg of calcium per day**.

During pregnancy you need **1,100 mg of calcium per day = 3 serves\* of dairy per day**.

When you are breastfeeding, you need **1,200 mg of calcium per day = 4 serves\* of dairy per day**.

*\*1 serve = 1 cup (250 mL) milk OR  
1 small tub (200 g) yoghurt OR  
2 slices (40 g) cheese OR  
6 tablespoons of powdered milk.*

## What are the food sources of calcium?

**Milk and milk products:** milk, yoghurt, cheese, and buttermilk.

1 cup of milk **OR** 200 g tub yoghurt = 300 mg calcium.



**Fish:** sardines and salmons (with bones).

1/2 cup  
canned



salm-

**Leafy green vegetables:** broccoli, col-lard, bok choy, Chinese cabbage, and spinach.

1 cup cooked broccoli = 45 mg calcium



**Soy and tofu:** tofu (depending on type) and tempeh **OR** calcium-fortified soy drinks.

1 cup tofu = 100 mg calcium.



**Nuts and seeds:** brazil nuts, almonds, and sesame seed paste (tahini).

15 almonds = 40 mg calcium.

