

Calcium-Rich Foods Guide

Bombay Spine Clinic™

Patient Nutrition Guide for Strong Bones & Spine Health

Why Calcium Matters

Calcium is essential for strong bones, healthy muscles and normal nerve function. Adequate calcium intake helps maintain bone strength and reduces the risk of osteoporosis and fragility fractures. Adults generally require about 1,000–1,200 mg of calcium daily, although individual needs may vary.

Food Group	Examples
Dairy	Milk, Curd (Yogurt), Paneer, Cheese (in moderation)
Millet	Ragi (Finger Millet)
Nuts & Seeds	Sesame (Til), Almonds, Chia Seeds
Pulses	Rajma, Chickpeas, Soybeans, White Beans
Vegetables	Amaranth, Fenugreek, Spinach*, Broccoli (*contains oxalates)
Soy Products	Tofu, Fortified Soy Milk
Fish	Sardines, Salmon (with edible bones)
Fortified Foods	Fortified milk, cereals and plant-based beverages

Tips to Improve Calcium Absorption

- Get adequate Vitamin D through sunlight, food or supplements if prescribed.
- Include protein-rich foods for healthy bones and muscles.
- Stay physically active with regular walking and strengthening exercises.
- Avoid smoking and limit excess alcohol.
- Spread calcium intake across meals rather than consuming it all at once.

Foods & Habits to Limit

- Excess soft drinks and sugary beverages
- Highly processed foods with excess salt
- Excess alcohol
- Smoking
- Very high salt intake, which may increase calcium loss

Frequently Asked Questions

Should everyone take calcium supplements? No. Many people can meet their needs through diet. Supplements should be taken only if advised by your doctor.

Is sunlight enough for strong bones? Sunlight helps your body produce Vitamin D, which is needed to absorb calcium effectively.

Can diet alone treat osteoporosis? No. A healthy diet supports bone health, but some people also require medications, exercise and medical follow-up.

Disclaimer: This guide is for general education. Individual calcium requirements vary depending on age, kidney disease, osteoporosis, pregnancy and other medical conditions. Please consult your treating doctor or a qualified dietitian for personalised advice.