




THE BEST SOURCES OF CALCIUM FROM FOOD


	Amount		Calcium (mg)
<u>DAIRY</u>			
Milk, nonfat (powdered)	¼ cup		377
Milk, skim	1 cup		302
Milk, Lactaid	1 cup		300
Milk, 1%-2%	1 cup		300
Milk, whole	1 cup		291
Buttermilk	1 cup		285
Milk, chocolate (2%)	1 cup		284
Yogurt, plain	¾ cup		292-332
Yogurt, fruit bottom	¾ cup		221-291
Yogurt, soy	¾ cup		206
Kefir	¾ cup		187
Swiss cheese	1 ounce		272
Monterey Jack cheese	1 ounce		212
Mozzarella (low moisture, part skim)	1 ounce		207
Cheddar cheese	1 ounce		204
Parmesan (grated)	1 Tbsp		69
Feta cheese	1 ounce		200

Ricotta cheese	½ cup		269-356
Cottage cheese	½ cup		63
Ice cream	½ cup		88

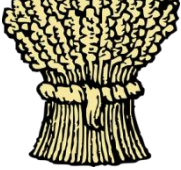
FRUITS & VEGETABLES

Collards, cooked from frozen	½ cup		179
Turnip greens, cooked from frozen	½ cup		125
Kale, cooked from frozen	½ cup		90
Spinach, cooked from frozen	½ cup		154
Broccoli	½ cup		47
Chard, cooked	½ cup		51
Sweet potato, baked	1 medium		50
Orange	1 medium		56

PROTEIN

Sardines (canned with bones)	3 ounces		322
Salmon, pink (canned with bones)	3 ounces		181
Mackerel, canned	2.5 ounces		181
Anchovies, canned	2.5 ounces		174
Tofu, firm (processed with calcium)	½ cup		258
Almonds, shelled	1 ounce		79
Soybeans, cooked	½ cup		88
Dried beans, cooked (lima, navy, kidney)	½ cup		25-64
Baked beans, canned	¾ cup		89-105
Tahini/sesame seed butter	2 Tbsp		130

GRAINS

Farina, enriched (instant, cooked)	1 cup		100
Tortilla, corn	1 medium		42
English muffin	1 muffin		100

CALCIUM-FORTIFIED FOODS (on food label, look for “calcium fortified”)

Tropicana Pure Premium Calcium, Vit C OJ	1 cup		350
Citrus Hill, Minute Maid	1 cup		300
Fortified bread	1 slice		150
Total cereal	1 cup		300
Basic 4 Cereal	1 cup		250
Total Raisin Bran	1 cup		200
Total Corn Flakes	1 cup		150
All Bran Cereal	½ cup		150
Life cereal	1 cup		107
Multi Grain Cheerios	1 cup		100
Fortified Frozen Yogurt	½ cup	450	
Fortified Soy Milk or Rice Milk	1 cup	300	

OTHER FOODS

Macaroni and Cheese	1 cup		300
Ready-to-Eat Pudding	1 cup		300

REFERENCES: *Bowes & Church's Food Values of Portions Commonly Used* (1994), Canadian Nutrient File 2010, food labels, Academy of Nutrition and Dietetics Nutrition Care Manual

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