

CALCIUM RICH FOODS

Food Item	Serving Size	Calcium (mg)	Fat (g)	Calories
Milk				
Whole	8 oz	290	8.9	156
1% milk	8 oz	300	2.6	102
2% milk	8 oz	297	4.7	121
Skim milk	8 oz	302	0.4	86
Yogurt				
Plain fat-free (with added milk solids)	8 oz	487	0.4	136
Plain low-fat (with added milk solids)	8 oz	447	3.7	155
Fruit, low-fat	8 oz	338	2.8	243
Frozen, vanilla, soft serve	1/2 cup	103	4.0	114
Cheese				
American cheese	1 oz	174	8.9	106
Cheddar cheese	1 oz	204	9.4	114
Cottage cheese, 1% low-fat	1 cup	138	2.3	164
Mozzarella cheese, part skim	1 oz	183	4.5	72
Muenster cheese	1 oz	203	8.5	104
Parmesan cheese, grated	1 tbsp	69	1.5	23
Ricotta cheese, part skim	1/2 cup	337	9.8	171
Ricotta cheese, whole milk	1/2 cup	257	16.1	216
Ice Cream, Vanilla				
Low-fat	1/2 cup	91.7	2.8	91.7
High-fat	1/2 cup	86.6	12	178
Fish and Shellfish				
Sardines, canned in oil, drained, including bones	3.75 oz	351	10.5	191
Salmon, pink, canned, including bones	3 oz	181	5.1	118
Shrimp, canned, drained	3 oz	50	1.7	102
Vegetables				
Bok Choy, raw (Chinese cabbage)	1 cup	74	0	9
Broccoli, cooked, drained from raw	1 cup	71.6	0.6	23.6
Broccoli, cooked, drained, from frozen	1 cup	94	0.2	50
Soybeans, mature, boiled	1 cup	261	12	254
Collards, cooked, drained, from raw	1 cup	226	0.6	49

Food Item	Serving Size	Calcium (mg)	Fat (g)	Calories
Turnip greens, cooked, drained, from raw (leaves and stems)	1 cup	197	0.3	29
Tofu	1/2 cup	204*	5.6	97
Orange (navel)	1 whole	56	0.1	65
Orange Juice, fortified with calcium	8 oz	300	0.1	100
Dried figs	10	270	2.2	477
Almonds (dry roasted)	1 oz	75	15	169
Sesame seeds, kernels, toasted	1 oz	37	13.6	161
Sunflower seeds, dried	1 oz	33	14.1	162

* The calcium content of tofu may vary depending on processing methods. Tofu processed with calcium salts can have as much as 300 mg (milligrams) for every 4 oz. Often, the label or the manufacturer can provide more specific information.

Note: You may also increase the calcium in foods by following these suggestions:

- ❑ Add nonfat powdered milk to all soups, casseroles, and drinks.
- ❑ Buy juices, cereals, and breads that are fortified with calcium.
- ❑ Replace whole milk and cream with skim and low-fat milk in recipes.
- ❑ Replace sour cream with yogurt in recipes.
- ❑ Some bottled waters contain calcium, so check the labels for more information.

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