



Food Sources Rich in Calcium

Dairy	Portion	mg	Fruit	Portion	mg
Milk, all types	1 cup	300	Orange	1 med	55
Milk, evaporated	1/4 cup	165	Dried Fig	2 med	54
Cheese, brick or cheddar	1 oz	205			
Cottage Cheese	1 cup	140	Non-Dairy Drinks		
Cheese, swiss	1 oz	240	Fortified soy beverage	1 cup	300
Processed cheese slices	1 oz	240	Fortified rice beverage	1 cup	300
Ice cream	1/2 cup	85	Regular soy beverage	1 cup	20
Non-fat plain yogurt	1 cup	490	Carnation Instant Breakfast	1 serving	350-500
Beans			Grains		
Tofu, firm (with calcium)	1/4 cup	125	Amaranth, boiled	1/2 cup	150
Soy Bean	1/2 cup	90	Whole wheat/white bread	1 slice	20
White Beans	1/2 cup	80	Whole wheat flour	1 cup	40
Hummus	1/4 cup	30	Cereal	1 cup	260-300
Navy, Jack, Sword beans	1/2 cup	60			
Pinto beans, Chick peas	1/2 cup	40	Nuts and Seeds		
Red Kidney beans	1/2 cup	25	Whole sesame seeds	1 Tbsp	90
			Tahini	1 Tbsp	63
Vegetables			Almonds	1/4 cup	95
Broccoli, cooked	1/2 cup	90			
Okra	1/2 cup	75	Meats, Fish, Poultry		
Collard Greens	1/2 cup	75	Dried Fish	2 Tbsp	140
Mustard Greens	1/2 cup	50	Scallops, steamed	7	105
Kale	1/2 cup	100	Sardines	3 oz	210
Turnip Greens	1/2 cup	95	Oysters	1/2 cup	120
Beet greens	1/2 cup	85	Shrimp, canned	1/2 cup	75
Spinach	1/2 cup	175	Salmon, raw without bones	3 oz	80
Carrots	1/2 cup	25	Salmon, canned with bones	3 oz	190
Tomatoes	1/2 cup	35			
Cabbage	1/2 cup	25	Miscellaneous		
			Luna Bar	1 bar	350
			Power Bar	1 bar	300