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| <b>Prepared For:</b> |  | <b>Date:</b>    |  |
| <b>Prepared By:</b>  |  | <b>Contact:</b> |  |

## Calcium Content of Foods

- Eating more than the serving size for a moderate or low-calcium food will make it a higher-calcium food. Foods made with high-calcium ingredients will also be high in calcium.
- Unless otherwise noted, all foods are cooked: meat is roasted, fish is cooked with dry heat, and vegetables are cooked from fresh. Fruit is raw.
- This is a guide. Actual values may vary depending on the product and/or processing. Calcium-fortified foods may vary widely in the amount of calcium they have. Calcium found naturally in milk and dairy products is more easily absorbed by the body.
- Values are rounded to the nearest 5-milligram (mg) increment and may be averaged with similar foods in the same group.

### High Calcium (200 mg or more)

| Food  | Serving | Milligrams (mg) |
|---|---------|-----------------|
| Cereal, calcium fortified                       | ½ cup   | 200-670         |
| Cereal bar, calcium fortified                   | 1 each  | 300             |
| Cheese: cheddar, mozzarella, muenster           | 1 oz    | 205             |
| Cheese: provolone, jack, Swiss                  | 1 oz    | 220             |
| Cheese: ricotta, part skim                      | ½ cup   | 335             |
| Eggnog, nonalcoholic                            | 1 cup   | 330             |
| Fish, sardines, drained                         | 3 oz    | 325             |
| Milk, buttermilk                                | 1 cup   | 285             |
| Milk, dry solids                                | ¼ cup   | 210             |
| Milk, evaporated                                | 1 cup   | 660             |
| Milk, fat free                                  | 1 cup   | 305             |
| Milk, reduced fat                               | 1 cup   | 285             |
| Milk, whole                                     | 1 cup   | 275             |
| Soy milk or rice milk, calcium fortified        | 1 cup   | 300-370         |
| Tofu, fortified with calcium sulfate or lactate | ¼ cup   | 215             |
| Yogurt, fruit or plain                          | 8 oz    | 275-450         |

### Moderate Calcium (50-200 mg)

| Food                 | Serving | Milligrams (mg) |
|----------------------|---------|-----------------|
| Almonds              | 1 oz    | 75              |
| Bagel, enriched, 4"  | 1 each  | 80              |
| Beans, white, canned | ½ cup   | 95              |
| Biscuit, 2½"         | 1 each  | 140             |
| Cheese, American     | 1 oz    | 160             |

|  |            |         |
|--|------------|---------|
| Cheese, blue or feta                             | 1 oz       | 145     |
| Cheese, parmesan                                 | 2 Tbsp     | 110     |
| Chocolate  | 1.5-oz bar | 85      |
| Clams, canned                                    | 3 oz       | 80      |
| Cottage cheese, low fat                          | ½ cup      | 80      |
| Crab, canned                                     | 3 oz       | 85      |
| Cream of wheat, regular                          | ½ cup      | 60      |
| Dried beans and peas                             | ½ cup      | 50-100  |
| English muffin                                   | 1 each     | 95      |
| Figs, dried                                      | 5 each     | 135     |
| Fish, halibut                                    | 3 oz       | 50      |
| Fish, perch                                      | 3 oz       | 115     |
| Fish, salmon, canned with bones                  | 3 oz       | 180     |
| Frozen yogurt or ice milk                        | ½ cup      | 105     |
| Greens, beet                                     | ½ cup      | 80      |
| Greens, collards                                 | ½ cup      | 135     |
| Greens, mustard                                  | ½ cup      | 50      |
| Greens, turnip or bok choy                       | ½ cup      | 100     |
| Hummus   | ½ cup      | 65      |
| Ice cream, light                                 | ½ cup      | 110     |
| Ice cream, regular                               | ½ cup      | 85      |
| Instant breakfast drink, prepared with water     | 1 cup      | 105-250 |
| Kale, frozen                                     | ½ cup      | 90      |
| Kale, raw  | 1 cup      | 90      |
| Oatmeal  | ½ cup      | 85      |
| Oatmeal: instant, fortified, prepared with water | 1 packet   | 110     |
| Okra   | ½ cup      | 90      |
| Orange   | 1 each     | 50      |
| Orange juice, calcium fortified                  | ½ cup      | 175-200 |
| Oysters  | 3 oz       | 80      |
| Pudding, made with milk                          | ½ cup      | 155     |
| Roll, hamburger or hotdog                        | 1 each     | 60      |
| Soybeans   | ½ cup      | 130     |
| Soy milk, not fortified                          | 1 cup      | 60      |
| Spinach  | ½ cup      | 135     |
| Sweet potato, baked with skin                    | 1 medium   | 55      |
| Tortillas, 6" flour                              | 2 each     | 80      |
| Vegetable or soy patty                           | 1 each     | 85      |
| Waffles, 4" frozen                               | 1 each     | 100     |

## Lower Calcium (less than 50 mg)

| Food                        | Serving  | Milligrams (mg) |
|-----------------------------|----------|-----------------|
| Blackberries                | ½ cup    | 20              |
| Bread, whole grain or white | 1 slice  | 30-35           |
| Broccoli                    | ½ cup    | 30              |
| Broccoli, raw               | ½ cup    | 20              |
| Brussels sprouts            | ½ cup    | 30              |
| Cabbage, Chinese, raw       | ½ cup    | 35              |
| Cheese, cream               | 1 oz     | 20              |
| Egg substitute, liquid      | ¼ cup    | 35              |
| Egg, whole                  | 1 large  | 25              |
| Green beans                 | ½ cup    | 25              |
| Kiwi                        | 1 medium | 25              |
| Lentils                     | ½ cup    | 20              |
| Muffin                      | 2 oz     | 20              |
| Nuts, most varieties        | 1 oz     | 30              |
| Peas, green, frozen         | ½ cup    | 20              |
| Seeds, sunflower            | 1 oz     | 20              |
| Sherbet                     | ½ cup    | 40              |
| Shrimp                      | 3 oz     | 30              |
| Sour cream                  | 2 Tbsp   | 30              |
| Spinach, raw                | 1 cup    | 30              |
| Squash                      | ½ cup    | 25              |
| Tangerine                   | 1 each   | 30              |
| Tofu, unfortified           | ½ cup    | 20              |

## Very Low Calcium (less than 20 mg)

| Food                             | Serving         |
|----------------------------------|-----------------|
| Butter and oils                  | 1 Tbsp          |
| Fruit and fruit juice            | 1 each or ½ cup |
| Meat and poultry                 | 1 oz            |
| Popcorn                          | 1 cup           |
| Rice                             | ½ cup           |
| Tuna, canned                     | 3 oz            |
| Vegetables not previously listed | ½ cup           |

Sources: US Department of Agriculture Agricultural Research Service. USDA National Nutrient Database for Standard Reference and Nutrient Data Laboratory; NutritionData.com. Nutrition Facts and Information.

### Notes