

## Food Sources of Calcium

<b>Food</b>	<b>Calcium (mg)</b>
Yogurt, plain, low fat, 8oz	415
Collards, boiled, 1 cup	358
Orange juice, calcium fortified, 1 cup	350
Oatmeal, instant, 2 packets	326
Yogurt, fruit, low fat, 8oz	245-384
Sardines, canned in oil, with bones, 3oz	324
Cheddar cheese, 1 ½ oz, shredded	306
Milk, non-fat, 8 fl oz	302
Milk, reduced fat (2% milk fat), 8 fl oz	297
Milk, whole (3.25% milk fat), 8 fl oz	291
Milk, buttermilk, 8 fl oz	285
Milk, lactose reduced, 8 fl oz	285-302
Mozzarella, part skim, 1 ½ oz	275
Figs, dried, 10 medium	269
Spinach, boiled, 1 cup	244
Tofu, firm, made w/calcium sulfate, ½ cup*	204
Orange juice, calcium fortified, 6 fl oz	200-260
Salmon, pink, canned, solids with bone, 3oz	181

Soybeans, boiled, 1 cup	175
White beans, boiled, 1 cup	161
Pudding, chocolate, instant, made with 2% milk, ½ cup	153
Mustard greens, boiled, 1 cup	150
Cottage cheese, 1% milk fat, 1 cup unpacked	138
Tofu, soft, made w/calcium sulfate, ½ cup*	138
Cornbread, one 2-oz piece	133
Vegetarian baked beans, 1 cup	128
Navy beans, boiled, 1 cup	128
Great northern beans, boiled, 1 cup	121
Spinach, cooked, ½ cup	120
Instant breakfast drink, various, powder, prepared with water, 8 fl oz	105-250
Frozen yogurt, vanilla, soft serve, ½ cup	103
Black turtle beans, boiled, 1 cup	103
Swiss chard, boiled, 1 cup	102
Ready to eat cereal, calcium fortified, 1 cup	100-1000
Turnip greens, boiled, ½ cup	99
Broccoli, boiled, 1 cup	94
Kale, cooked, 1 cup	94
English muffin	92
Kale, raw, 1 cup	90
Ice cream, vanilla, ½ cup	85

Pinto beans, boiled, 1 cup	82
Soy beverage, calcium fortified, 8 fl oz	80-500
Butternut squash, boiled, 1 cup	84
Chickpeas, canned, 1 cup	80
Chinese cabbage, raw, 1 cup	74
Sweet potato, boiled, 1 cup	70
Green beans, boiled, 1 cup	58
Barley, 1 cup	57
Brussel sprouts, 8 sprouts	56
Navel orange, 1 medium	56
Raisins, 2/3 cup	53
Tortilla, corn, ready to bake/fry, 1 medium	42
Tortilla, flour, ready to bake/fry, 1 at 6" diameter	37
Sour cream, reduced fat, cultured, 2 tbsp	32
Bread, white, 1 oz	31
Broccoli, raw, 1/2 cup	21
Bread, whole wheat, 1 slice	20
Cheese, cream, regular, 1 tbsp	12

\*tofu processed with a non-calcium salt will not contain significant amounts of calcium