

<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