

Calcium Sources in Food

Food Item	SERVING	CALCIUM	
	Size	Content (mg)	Calories
Milk			
Whole	8 oz.	291	150
Skim	8 oz.	302	85
Calcimilk—lactose reduced lowfat milk	8 oz.	500	100
Yogurt			
Plain, low-fat*	8 oz.	250 – 400	145 – 230
Fruit, low-fat*	8 oz.	250 – 400	150 – 250
Frozen, fruit	8 oz.	240	233
Frozen, chocolate	8 oz.	160	220
<i>*Yogurt varies in serving size, fat, and calcium content. Check labels for calcium content & calories</i>			
Cheese			
Mozzarella, part skim	1 oz.	207	80
Muenstar	1 oz.	203	105
Cheddar	1 oz.	204	115
Ricotta, part skim	4 oz.	335	190
Cottage, low-fat (2%)	4 oz.	78	103
Ice Cream, Vanilla (11% fat)			
Hard	1 cup	176	270
Soft Serve	1 cup	236	375
Fish and Shellfish			
Sardines, canned in oil, drained (inc. bones)	3 oz.	375	175
Salmon, pink, canned, drained (inc. bones)	3 oz.	167	120
Shrimp, canned, drained	3 oz.	100	100
Vegetables			
Bok choy, raw	1 cup	74	25
Broccoli, fresh, cooked & drained	1 cup	178	46
Broccoli, frozen, cooked & drained	1 cup	94	50
Soybeans, cooked & drained	1 cup	175	298
Collards, fresh, cooked & drained	1 cup	148	50
Turnip greens, fresh, cooked & drained	1 cup	198	30
Carrots	1 cup	50	50
Tofu	4 oz.	130*	94
Fortified Foods			
Calcium-fortified milk	8 oz.	500	100
Fruit juice with added calcium	8 oz.	300	120 – 130
Cereal with added calcium (without milk)	¾ cup	250	110

**The calcium content of tofu processed with calcium salts can be as much as 300 mg per 4 oz. The label should provide specific information.*