

## Calcium Content of Common Foods

### Best Sources

Food Source	Serving	Calcium Content (mg)
Milk	1 cup	300
Milk, chocolate	1 cup	287
Yogurt, plain	1 cup	350-400
Yogurt, fruit-flavored	1 cup	250-350
Ice-cream or frozen yogurt	1 cup	150-300
Milkshake	1 cup	300
Pudding, instant made with milk	1 cup	306
Lactaid milk, fortified with calcium	1 cup	500
Orange juice, fortified with calcium	1 cup	300-350
Sardines, canned with edible bones	3 oz	260
Oatmeal, fortified with calcium	½ cup	350

### Better Sources

Food Source	Serving	Calcium Content (mg)
Cheese (Swiss, cheddar, American, mozzarella)	1 oz	175-270
Cottage cheese, fortified with calcium	½ cup	200
Cheese pizza	1 slice	100
Macaroni and cheese	½ cup	180
Salmon, canned with edible bones	3 oz	170-200
Tofu, firm	½ cup	204
Soybeans, boiled	1 cup	175
Baked beans	1 cup	142
Figs, dried	5 medium	135
Ready to eat cereal, fortified with calcium	1 cup	100-1000 (varies)

### Good Sources

Food Source	Serving	Calcium Content (mg)
Cottage cheese	½ cup	75
Parmesan cheese, grated	1 Tbs.	70
Broccoli, raw	1 cup	90
Turnip greens, boiled	½ cup	99
Kale, cooked	½ cup	90
Collards, boiled	½ cup	74
Sweet Potato, boiled	1 cup	70
Beans, dried, cooked	1 cup	90
Almonds	1 oz	66
Bok Choy, cooked	½ cup	80
Orange	1 whole	50
Raisins	⅔ cup	53
Onions, boiled	1 cup	58
Brussels sprouts	8 sprouts	56
Bread, made with fortified flour	2 slices	45



# Plant Sources of Calcium

Below is a list of plant sources that provide calcium and the amount that a serving of each food yields:

<u>Food/Serving</u>	<u>Calcium Content (mg)</u>	<u>Food/Serving</u>	<u>Calcium Content (mg)</u>
<b>LEGUMES, 1 cup, cooked</b>		<b>VEGETABLES, 1/2 cup, cooked***</b>	
Black beans	46	Bok choy	79
Chickpeas	77	Broccoli	36
Great Northern beans	60	Collard greens	178
Kidney beans	50	Kale	90
Lentils	38	Mustard greens	76
Lima beans	54	Okra	88
Navy beans	64	Butternut squash	42
Pinto beans	82	Sweet potato	35
Vegetarian baked beans	64	Turnip greens	78
<b>SOYFOODS</b>		<b>FRUITS</b>	
Soybeans, 1 cup, cooked	175	Dried figs, 5	137
Soybeans, green, 1 cup, cooked	261	Orange, 1 large	74
Tofu, 1/2 cup	120-430*	Raisins, 2/3 cup	53
Tempeh, 1/2 cup	92	Calcium-fortified orange juice, 1 cup	300
Texturized Vegetable Protein (TVP)**, 1/2 cup, rehydrated	80	<b>BREADS, CEREALS, GRAINS</b>	
Soy milk, 1 cup	40-100*	Cereal, ready-to-eat, fortified	55-315*
Fortified soy milk, 1 cup	200-300*	Cornbread, 2-ounce piece	141
Soy yogurt, 1/2 cup	350	Corn tortilla, 6-inch diameter	42
Soy nuts, 1/4 cup	59	English muffin, enriched, 1	99
<b>NUTS AND SEEDS, 2 Tablespoons</b>		<b>OTHER FOODS</b>	
Almonds	46	Blackstrap molasses, 1 Tablespoon	172
Almond butter	86	Fortified rice milk, 1 cup	250-300*
Brazil nuts	31		
Sesame seeds	176		
Tahini	128		

## Notes:

\* Indicates a range of calcium found in different tofu products, fortified soymilks, fortified rice milks, and fortified cereals.

\*\* TVP is a trademark of Archer Daniels Midland Company and is a textured soy protein.

\*\*\*Oxalic acid, found in spinach, rhubarb, chard, and beet greens, binds with the calcium in those foods and reduces its absorption. Thus, these foods (which are not in the chart) cannot be considered good sources of calcium.

Source: Data from USDA National Nutrient Database for Standard Reference, Release 15, 2002 and manufacturers' information.