

Calcium Containing Foods

Both calcium content and bioavailability should be considered when selecting dietary sources of calcium. Some plant foods have calcium that is well absorbed but require a large quantity of the food to provide the equivalent of a glass of milk. Some plant foods have calcium that is not well absorbed. Many other calcium-fortified foods are available, but the percentage of calcium that can be absorbed is not well known. Calcium content may vary by brand – these are just ball-park figures!

Recommended amount for age in years: **1-3y 700mg • 4-8y 1,000mg • 9-18y 1300mg**

| DAIRY FOODS Food, Standard Amount | Calcium (mg) | NON-DAIRY FOODS Food, Standard Amount | Calcium (mg) |
|--|---------------------|--|---------------------|
| Plain yogurt, non-fat (13 g protein/8 oz), 8-oz container | 452 | Fortified ready-to-eat cereals (various), 1 oz | 236-1043 |
| Romano cheese, 1.5 oz | 452 | Almond Milk, calcium fortified, 1 cup | 400-450 |
| Pasteurized process Swiss cheese, 2 oz | 438 | Soy beverage, calcium fortified, 1 cup | 368 |
| Plain yogurt, low-fat (12 g protein/8 oz), 8-oz container | 415 | Sardines, Atlantic, in oil, drained, 3 oz | 325 |
| Fruit yogurt, low-fat (10 g protein/8 oz), 8-oz container | 345 | Tofu, firm, prepared with nigari, ½ cup | 253 |
| Swiss cheese, 1.5 oz | 336 | Pink salmon, canned, with bone, 3 oz | 181 |
| Ricotta cheese, part skim, ½ cup | 335 | Collards, cooked from frozen, ½ cup | 178 |
| Pasteurized processed American cheese food, 2 oz | 323 | Molasses, blackstrap, 1 Tbsp | 172 |
| Provolone cheese, 1.5 oz | 321 | Spinach, cooked from frozen, ½ cup | 146 |
| Mozzarella cheese, part-skim, 1.5 oz | 311 | Soybeans, green, cooked, ½ cup | 130 |
| Cheddar cheese, 1.5 oz | 307 | Turnip greens, cooked from frozen, ½ cup | 124 |
| Fat-free (skim) milk, 1 cup | 306 | Ocean perch, Atlantic, cooked, 3 oz | 116 |
| Muenster cheese, 1.5 oz | 305 | Oatmeal, plain and flavored, instant, fortified, 1 packet prepared | 99-110 |
| 1% low-fat milk, 1 cup | 290 | Cowpeas, cooked, ½ cup | 106 |
| Low-fat chocolate milk (1%), 1 cup | 288 | White beans, canned, ½ cup | 96 |
| 2% reduced fat milk, 1 cup | 285 | Kale, cooked from frozen, ½ cup | 90 |
| Reduced fat chocolate milk (2%), 1 cup | 285 | Okra, cooked from frozen, ½ cup | 88 |
| Buttermilk, low-fat, 1 cup | 284 | Soybeans, mature, cooked, ½ cup | 88 |
| Chocolate milk, 1 cup | 280 | Blue crab, canned, 3 oz | 86 |
| Whole milk, 1 cup | 276 | Beet greens, cooked from fresh, ½ cup | 82 |
| Yogurt, plain, whole milk (8 g protein/8 oz), 8-oz container | 275 | Pak-choi, Chinese cabbage, cooked from fresh, ½ cup | 79 |
| Ricotta cheese, whole milk, ½ cup | 255 | Clams, canned, 3 oz | 78 |
| Mozzarella cheese, whole milk, 1.5 oz | 215 | Almonds, 22 kernels (1 oz) | 75 |
| Feta cheese, 1.5 oz | 210 | Dandelion greens, cooked from fresh, ½ cup | 74 |
| | | Rainbow trout, farmed, cooked, 3 oz | 73 |
| Goat milk, 1 cup | 327 | Figs, dried, 2 figs | 65 |