



## Calcium-rich Foods

### Dairy Foods

	Serving Size	Calcium (mg)
Plain yogurt, low fat/fat free	1 cup	415 to 450mg
Fruit yogurt, low fat/fat free	1 cup	345mg
Almond milk	1 cup	450mg
Milk (fat-free, low fat, whole)	1 cup	300
Frozen yogurt (fat-free, low fat, whole)	1 cup	150 to 300mg
Reduced-fat cheddar cheese	1oz	120mg
American cheese	1oz	153mg
Swiss cheese	1oz	224mg
Cheddar cheese	1oz	200mg
Mozzarella, part skim	1oz	207mg
Ricotta cheese, part skim	½ cup	335mg
Cottage cheese reduced fat	½ cup	69mg
Calcium-fortified cottage cheese	½ cup	300mg
Cheese pizza	1 slice	155 to 235mg

### Nondairy foods

	Serving Size	Calcium (mg)
Calcium-fortified orange juice	1 cup	300 to 500mg
Corn tortillas 6 inch round	3	58mg
Waffle 7 inch round, whole grain	1	190mg
Pancakes 5 inch round, whole grain	2	156mg
Rice milk (calcium fortified)	1 cup	283mg
Soy milk (calcium-fortified)	1 cup	300mg
Salmon with small bones	3oz	180mg
Broccoli (raw)	1 cup	43mg
Almonds	1oz	75mg
Calcium-fortified cereal	1 cup	250 to 1000mg
Chinese cabbage, raw	1 cup	59mg
Turnip greens boiled	½ cup	99mg
Kale, cooked	1 cup	94mg
Spinach, cooked	1 cup	245mg
Spinach, raw	1 cup	30mg

### Nuts, seeds, beans, and tofu

	Serving Size	Calcium (mg)
Cooked dried white beans	1oz	160mg
Dry roasted almonds	1oz	80mg
Garbanzo beans	1 cup	80mg
Soybeans (cooked)	½ cup	90mg
Tofu (processed with calcium sulfate)	½ cup	253 to 453mg