



# FOODS THAT ARE HIGH IN CALCIUM



<b>DAIRY</b>	<b>PORTION</b>	<b>MG</b>
• Milk, all types	1 cup	300
• Milk, evaporated	1/4 cup	165
• Cheese, brick or cheddar	1 oz	205
• Cottage cheese	1 cup	140
• Cheese, swiss	1 oz	240
• Processed cheese sliced	1 oz	240
• Ice cream	1/2 cup	85
• Non-fat plain yogurt	1 cup	490

<b>BEANS</b>	<b>PORTION</b>	<b>MG</b>
• Tofu, firm (w/ calcium)	1/4 cup	125
• Soy beans	1/2 cup	90
• White beans	1/2 cup	80
• Hummus	1/4 cup	30
• Navy, Jack, Sword beans	1/2 cup	60
• Pinto beans, Chick peas	1/2 cup	40
• Red kidney beans	1/2 cup	25

<b>VEGETABLES</b>	<b>PORTION</b>	<b>MG</b>
• Broccoli, cooked	1/2 cup	90
• Okra	1/2 cup	75
• Collard greens	1/2 cup	75
• Mustard greens	1/2 cup	50
• Kale	1/2 cup	100
• Turnip greens	1/2 cup	95
• Beet greens	1/2 cup	85
• Spinach	1/2 cup	175
• Carrots	1/2 cup	25
• Tomatoes	1/2 cup	35
• Cabbage	1/2 cup	25

<b>GRAINS</b>	<b>PORTION</b>	<b>MG</b>
• Amaranth, boiled	1/2 cup	150
• Whole wheat/white bread	1 slice	20
• Whole wheat flour	1 cup	40
• Cereal	1 cup	260-300



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## FRUIT

	PORTION	MG
• Orange	1 med	55
• Dried Fig	2 med	54

## NON-DAIRY DRINKS

	PORTION	MG
• Fortified soy beverage	1 cup	300
• Fortified rice beverage	1 cup	300
• Regular soy beverage	1 cup	20
• Carnation Instant Breakfast	1 serving	350-500

## NUTS & SEEDS

	PORTION	MG
• Whole sesame seeds	1 tbsp	90
• Tahini	1 tbsp	63
• Almonds	1/4 cup	95

## MEATS, FISH, POULTRY

	PORTION	MG
• Dried fish	1 tbsp	140
• Scallops, steamed	7	105
• Sardines	3 oz	210
• Oysters	1/2 cup	120
• Shrimp, canned	1/2 cup	75
• Salmon, raw w/out bones	3 oz	80
• Salmon, canned, w/ bones	3 oz	190

## MISCELLANEOUS

	PORTION	MG
• Luna Bar	1 bar	350
• Power Bar	1 bar	300