

## Calcium Sources in Food

<i>Food Item</i>	<i>Estimated Calcium (mg)</i>
<b><u>Milk</u></b>	
Whole, 8 oz.	275
Low-fat, 8 oz.	290
Skim, 8 oz.	305
<b><u>Yogurt</u></b>	
Plain, low-fat*, 8 oz.	415
Fruit, low-fat*, 8 oz.	345
Frozen, vanilla, 8 oz.	205
<b><u>Cheese</u></b>	
Mozzarella, part skim, 1 oz.	145-205
American, 1 oz.	175
Cheddar, 1 oz.	205
Ricotta, part skim, 4 oz.	335
Cottage, low-fat (1%), 1 cup	140
<b><u>Ice Cream</u></b>	
Low-fat or high-fat, 4 oz.	70-90
<b><u>Fish and Shellfish</u></b>	
Sardines, canned in oil, 3 oz. <i>drained (inc. bones)</i>	325
Salmon, pink, canned, 3 oz. <i>drained (inc. bones)</i>	180
Shrimp, canned, 3 oz. <i>drained</i>	125
<b><u>Vegetables</u></b>	
Bok choy, raw, 1 cup	75
Broccoli, 1 cup <i>cooked &amp; drained</i>	60
Kale, cooked, 1 cup	95
Soybeans, mature, 1 cup <i>cooked &amp; drained</i>	175
Turnip greens, fresh, 1 cup <i>cooked &amp; drained</i>	200
<b><u>Fruits</u></b>	
Oranges, 1 whole	50
Dried figs, 2 figs	55
<b><u>Fortified Foods</u></b>	
Tofu, <i>prepared with calcium</i> , 4 oz.	205
Fruit juice, 6 oz. <i>with added calcium</i>	200-345
Soy milk, 1 cup <i>with added calcium</i>	80-500
Cereal, 1 cup <i>with added calcium (without milk)</i>	100-1,000

\*The calcium content listed for most foods is an estimate and can vary due to multiple factors such as fortification and fat content.