

Food Sources of Calcium

Both calcium content and bioavailability should be considered when selecting dietary sources of calcium. Some plant foods have calcium that is well absorbed, but the large quantity of plant foods that would need to be consumed to provide as much calcium as there is in a glass of milk may be unachievable for many. Many other calcium-fortified foods are available, but the percentage of calcium that can be absorbed is unavailable for many of them.

DAIRY FOODS

<u>Food, Standard Amount</u>	<u>Calcium (mg)</u>
Plain yogurt, non-fat (13 g protein/8 oz), 8-oz container	452
Romano cheese, 1.5 oz	452
Pasteurized process Swiss cheese, 2 oz	438
Plain yogurt, low-fat (12 g protein/8 oz), 8-oz container	415
Fruit yogurt, low-fat (10 g protein/8 oz), 8-oz container	345
Swiss cheese, 1.5 oz	336
Ricotta cheese, part skim, ½ cup	335
Pasteurized processed American cheese food, 2 oz	323
Provolone cheese, 1.5 oz	321
Mozzarella cheese, part-skim, 1.5 oz	311
Cheddar cheese, 1.5 oz	307
Fat-free (skim) milk, 1 cup	306
Muenster cheese, 1.5 oz	305
1% low-fat milk, 1 cup	290
Low-fat chocolate milk (1%), 1 cup	288
2% reduced fat milk, 1 cup	285
Reduced fat chocolate milk (2%), 1 cup	285
Buttermilk, low-fat, 1 cup	284
Chocolate milk, 1 cup	280
Whole milk, 1 cup	276
Yogurt, plain, whole milk (8 g protein/8 oz), 8-oz container	275

Ricotta cheese, whole milk, ½ cup	255
Mozzarella cheese, whole milk, 1.5 oz	215
Feta cheese, 1.5 oz	210

NON-DAIRY FOODS

<u>Food, Standard Amount</u>	<u>Calcium (mg)</u>
Fortified ready-to-eat cereals (various), 1 oz	236-1043
Soy beverage, calcium fortified, 1 cup	368
Sardines, Atlantic, in oil, drained, 3 oz	325
Tofu, firm, prepared with nigari, ½ cup	253
Pink salmon, canned, with bone, 3 oz	181
Collards, cooked from frozen, ½ cup	178
Molasses, blackstrap, 1 Tbsp	172
Spinach, cooked from frozen, ½ cup	146
Soybeans, green, cooked, ½ cup	130
Turnip greens, cooked from frozen, ½ cup	124
Ocean perch, Atlantic, cooked, 3 oz	116
Oatmeal, plain and flavored, instant, fortified, 1 packet prepared	99-110
Cowpeas, cooked, ½ cup	106
White beans, canned, ½ cup	96
Kale, cooked from frozen, ½ cup	90

Okra, cooked from frozen, ½ cup	88
Soybeans, mature, cooked, ½ cup	88
Blue crab, canned, 3 oz	86
Beet greens, cooked from fresh, ½ cup	82
Pak-choi, Chinese cabbage, cooked from fresh, ½ cup	79
Clams, canned, 3 oz	78
Dandelion greens, cooked from fresh, ½ cup	74
Rainbow trout, farmed, cooked, 3 oz	73

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.