

Calcium in Foods

Calcium is in a wide variety of foods, but some foods have much more calcium than others. The Food Group with the most calcium is the milk, yogurt and cheese group in the Food Guide Pyramid. For more information, google can lead you to many other calcium rich foods.

Non-fat Milk	1 cup, 300 mg calcium
Reduced fat Milk	1 cup, 300 mg calcium
Nonfat Yogurt	1 cup, 490 mg calcium
Swiss cheese	1 oz., 270 mg calcium
Mozzarella, part skim	1 oz., 210 mg calcium
American Cheese	1 oz., 140 mg calcium
Cottage Cheese	1 cup, 160 mg calcium
Parmesan cheese,grated	2 T, 140 mg calcium
Pudding, prepared	1/2 cup, 150 mg
Frozen yogurt	1 cup, 200 mg
Ice Cream, light	1/2 cup, 200 mg

There are many sources of calcium from the other food groups.

Black Beans	1 cup, 120 mg calcium
Navy Beans	1 cup, 130 mg calcium
Fortified Cereal	1 cup, 300 mg calcium
Soybeans, cooked	1 cup, 180 mg calcium
Spinach, cooked	1/2 cup, 130 mg calcium
Bok Choy	1/2 cup, 80 mg calcium
Kale, cooked	1/2 cup, 90 mg calcium
Corn Tortilla	1, 6 inch, 50 mg calcium
Greens, mustard	1/2 cup, 100 mg calcium
Fortified Orange Juice	1 cup, 300 mg calcium
Canned Salmon w/bones	3 oz, 180 mg
Fortified Cereal	1 cup, 300 mg
Waffle, fortified	1, 150 mg
Soy milk, fortified	1 cup, 400 mg
Greens, mustard	1/2 cup, 100 mg
Tofu	1 cup, 40 mg
Almonds	2 oz., 150 mg
Oysters	3 oz., 80 mg
