

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 |

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| 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 |

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| 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.