

CALCIUM-RICH FOODS



Calcium is essential for bone health. The best way to get calcium is from the foods you eat. Below are some good choices from A to Z. Check the food label to see how much calcium is in the foods you buy.

| Food Item | Serving Size | Estimated Calcium Content in Milligrams |
|--|--------------|---|
| 1. American cheese | 1 oz. | 175 |
| 2. Bok choy (Chinese cabbage), raw | 8 oz. | 75 |
| 3. Broccoli, cooked and drained | 8 oz. | 60 |
| 4. Cereal with added calcium, without milk | 8 oz. | 100-1,000 |
| 5. Cheddar cheese, shredded | 1 oz. | 205 |
| 6. Cottage cheese, 1% milk fat | 4 oz. | 70 |
| 7. Dried figs | 2 figs | 55 |
| 8. Frozen yogurt, vanilla (soft serve) | 4 oz. | 105 |
| 9. Fruit juice with added calcium | 6 oz. | 200-345 |
| 10. Ice-cream, low-fat or high-fat | 1 cup | 140-210 |
| 11. Kale, cooked | 8 oz. | 95 |
| 12. Milk, low-fat or fat-free | 1 cup | 300 |
| 13. Mozzarella cheese, part-skim | 1 oz. | 205 |
| 14. Oranges | 1 whole | 50 |
| 15. Parmesan cheese, grated | 1 tbsp. | 70 |
| 16. Ricotta cheese, part-skim | 4 oz. | 335 |
| 17. Salmon, pink, canned with bones | 3 oz. | 180 |
| 18. Sardines, canned in oil with bones | 3 oz. | 325 |
| 19. Shrimp, canned | 3 oz. | 125 |
| 20. Soy milk with added calcium** | 8 oz. | 300 |
| 21. Soybeans, mature, cooked and drained | 8 oz. | 175 |
| 22. Swiss cheese | 1 oz. | 220-270 |
| 23. Tofu prepared with calcium | 4 oz. | 200-400 |
| 24. Yogurt, low-fat or fat free (Greek) | 6 oz. | 200 |
| 25. Yogurt, low-fat or fat free (plain) | 6 oz. | 300 |

*The calcium content listed is estimated and can vary due to multiple factors.

**Choose milk alternatives like almond milk, coconut milk, rice milk and soy milk that are fortified with calcium.