

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.	Soymilk 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 soymilk that are fortified with calcium.