

Calcium Sources throughout the Food Pyramid

Using the food pyramid guide to help you get enough calcium.

Dairy Foods and Non-Dairy Alternatives (choose lowfat or nonfat)

Dairy Foods

Instant Breakfast	1 packet = 500mg
Milk, calcium fortified	8 ounces = 400mg
Frozen yogurt, calcium fortified	1/2 cup = 450mg
Yogurt	1 cup = 200- 00mg
Ricotta cheese	1/4 cup = 250-300mg
Milk, cow's	8 ounces = 300 mg
Buttermilk	8 ounces = 300mg
Mixed cheese dishes (1 serving = 1 slice pizza, 1 cup macaroni and cheese or 1 cup lasagna)	1 serving = 200mg
Cheese, sliced or shredded	1 ounce = 175- 270 mg
Creamed soup, made with milk	1 cup = 165 - 190mg
Cheese, string	1 ounce = 150-200mg
Cream cheese, fat free	2 Tablespoons = 150mg
Pudding	1/2 cup = 150mg
Cottage cheese, calcium added	1/2 cup = 120-200mg
Frozen yogurt	1/2 cup = 100-200mg
Ice cream, light	1/2 cup = 80-50mg
Ice pop (fudge, yogurt)	1 = 100mg
Cottage cheese	1/2 cup = 60-00mg
Parmesan cheese	1 Tablespoon = 40-60mg

Non-Dairy Alternatives (calcium fortified)

Soy yogurt	6 ounces = 500mg
Soy or rice milk, calcium fortified	8 ounces = 200-300mg
Soy cheese, calcium fortified	1 slice = 200mg
Sour cream alternative	1 ounce = 100mg

Vegetable Group

Vegetable juice, fortified	8 ounces = 300mg
Amaranth, cooked	1 cup = 240mg
Turnip greens, cooked	1 cup = 200mg
Bok choy, cooked	1 cup = 160mg
Dandelion greens, cooked	1 cup = 140mg
Artichoke, boiled	1 medium = 135mg
Mustard greens, cooked	1 cup = 105mg
Kale, cooked	1 cup = 100mg
Broccoli, cooked	1 cup = 70mg
Broccoli, raw	1 cup = 40mg

Bread, Cereal, Rice and Pasta Group

Ready-to-eat Cereal, calcium fort.	1 serving = 100 to 1000mg
Hot cereal, calcium fortified (with water)	1 packet = 100 to 350mg
Waffles, calcium fortified	2 = 300mg
Cheese crackers, calcium fortified	1 serving = 100 to 250mg
Pancakes	(1/3 cup batter) = 100 to 200 mg
Graham crackers, calcium fortified	2 = 100mg
Bread, calcium fortified	1 slice = 50mg
Tortilla, flour or corn	1-6inch = 45mg

Fats, Oils and Sweets (use sparingly)

Juice Drinks, calcium fortified (10% juice)	8 ounces = 100 to 350mg
Cereal bars, highly sweetened, calcium fortified	1 bar = 200-250mg
Cereal, highly sweetened, calcium fortified	1 serving = 100 to 200mg
Milk chocolate granola bars, calcium fortified	1 serving = 200mg
Molasses, blackstrap	1 Tablespoon = 170mg
Cookies, calcium fortified	1 serving = 100mg

Meats, Poultry, Fish, Dry Beans, Eggs and Nuts Group

Sardines, canned with bones	4 ounces = 350mg
Tofu, enriched with calcium	1/5 block = 300mg
Soy nuts, dry roasted	1/2 cup = 230mg
Salmon, canned with bones	3 ounces = 200mg
Cheeseburger	3 ounce = 100-150mg
Tahini	2 Tablespoons = 130mg
Egg substitute	1/2 cup = 130mg
Baked beans	1 cup = 130mg
Soybeans, green, boiled	1/2 cup = 130mg
Other beans, canned	1/2 cup = 40-60mg
Almonds	1 ounce = 80mg
Hummus	1/2 cup = 60mg

Fruit Group

Juice, citrus varieties, calcium fortified	8 ounces = 350mg
Figs, dried	5 = 135mg
Cherimoya	1 medium = 125mg
Juice, non-citrus varieties, calcium fortified	8 ounces = 100-200mg
Juice box, calcium fortified	6 ounces = 100mg
Papaya	1 raw = 75mg
Raisins, golden	2/3 cup = 50mg
Orange	1 medium = 50mg

Calcium information was adapted from the following references:

1. Pennington, J. Bowes & Church's Food Values of Portions Commonly Used, 17th ed., 1998.
2. Manufacturer's Information