

# Food and Calcium African-American Foods

*Many foods that we eat are good sources of calcium. Choose several of the calcium-rich foods listed below every day to keep your bones healthy and strong.*

## Milk – 1 cup Mg

Fat-free, low-fat and reduced-fat	300
Whole	290
Buttermilk	285
Chocolate	280
Evaporated, canned, ½ cup	330

## Cheeses – 1 oz. Mg

Ricotta, part skim	335
Swiss	270
Mozzarella, part skim	205
Cheddar	205
Brick	200
American, process	175
Cottage, reduced-fat	75

## Milk shakes – 11 fluid ounces Mg

Vanilla	495
Chocolate	395

## Frozen desserts ½ cup Mg

Ice milk, soft serve	135
Ice cream	90

## Yogurt – 1 cup Mg

Plain, low-fat	415
Flavored, low-fat	390
Fruit, low-fat	345

## Other Foods Mg

Sardines with bones, 3 ounces	370
Salmon with bones 3 ounces	165
Molasses, 1 tbsp.	135
Turnip greens, cooked ½ cup	100
Shrimp, canned, 3 ounces	100
Beans (pinto, red), cooked, 1 cup	90
Kale, cooked, ½ cup	90
Okra, cooked, ½ cup	90
Collard or mustard greens, cooked, ½ cup	75
Broccoli, cooked, 1 cup	80
Orange, 1 medium	50
Black-eyed peas, cooked, ½ cup	42
Sweet potato, 1 medium, baked	30