

# Food and Calcium Chinese-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

## Cheeses – 1 oz. Mg

Ricotta, part skim	335
Cheddar	205
American, process	175
Cottage, reduced-fat	75

## Frozen desserts ½ cup Mg

Ice milk, soft serve	135
Ice cream	90

## Yogurt – 1 cup Mg

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

## Other Foods Mg

Tofu, 4 ounces, processed with calcium sulfate	435
Sardines with bones, 3 ounces	370
Salmon with bones 3 ounces	165
Oysters, raw, ½ cup	115
Tofu, 4 ounces	110
Turnip greens, cooked ½ cup	100
Shrimp, canned, 3 ounces	100
Kale, cooked, ½ cup	90
Collard or mustard greens, cooked, ½ cup	75
Orange, 1 medium	50
Bok choy, ½ cup shredded	35