

Foods and Calcium

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

Parmesan	355
Ricotta, part skim	335
Swiss	270
Provolone	215
Mozzarella, part skim	205
Cheddar	205
Brick	200
Roquefort	190
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
Calcium-fortified orange juice, 1 cup	300
Cheese pizza, 1 slice	220
Macaroni & cheese, ½ cup	180
Salmon with bones, 3 ounces	165
Molasses, 1 tbsp.	135
Turnip greens, cooked ½ cup	100
Shrimp, canned, 3 ounces	100
Almonds, ¼ cup	95
Beans (pinto, red), cooked, 1 cup	90
Kale, cooked, ½ cup	90
Okra, cooked, ½ cup	90
Broccoli, cooked, 1 cup	80
Collard or mustard greens, cooked, ½ cup	75
Orange, 1 medium	50