Food and Calcium
Hispanic/Latino 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
Chocolate	280
Evaporated, ½ cup	330

Cheeses – 1 oz.	**Mg**
Mozzarella, part skim	205
Cheddar	205
Muenster	205
American, process	175
Mexican (queso blanco)	140

Milk shakes – 11 oz.	**Mg**
Vanilla	455
Chocolate	395

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

Deserts	**Mg**
Flan, 1 cup	300
Pudding, chocolate, ½ cup	135

Other Foods	**Mg**
Sardines with bones, 3 ounces	370
Salmon, with bones, 3 ounces	165
Dried, salted cod, 3 oz.	135
Molasses, 1 tbsp.	135
Shrimp, canned, 3 oz.	100
Refried beans, 1 cup	120
Broccoli, cooked, 1 cup	80
Pinto or pigeon beans, 1 cup	75
Kidney beans, 1 cup	50
Orange, 1 medium	50
Black-eyed peas, 1 cup	40
Corn tortilla, enriched, (1)	40
Lentils, 1 cup	35
Sweet potato, 1 medium, baked	30
Enriched white rice, 1 cup	20