

# Food and Calcium

## Southeast Asian 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.*

<u>Milk – 1 cup</u>	<u>Mg</u>	<u>Other Foods</u>	<u>Mg</u>
Coconut	395	Agar dried seaweed, 3.5 ounces	625
Fat-free, low-fat and reduced-fat	300	Fish sauce (Bagoong), 1 cup	500
Whole	290	Tofu, 4 oz. Processed with calcium sulfate	435
<b><u>Cheeses – 1 oz.</u></b>	<b><u>Mg</u></b>	Sardines with bones, 3 ounces	370
American, process	175	Mature, boiled soybeans, 1 cup	175
Cottage, reduced-fat	75	Salmon, with bones, 3 ounces	165
<b><u>Frozen desserts</u></b>	<b><u>Mg</u></b>	Dried, salted cod, 3 oz.	135
<u>½ cup</u>		Anchovies, raw, 3 oz.	125
Ice milk, soft serve	135	Oysters, raw, ½ cup	115
Ice cream	90	Tofu, 4 ounces	110
<b><u>Yogurt – 1 cup</u></b>	<b><u>Mg</u></b>	Shrimp, canned, 3 oz.	100
Plain, low-fat	415	Turnip greens, cooked, ½ cup	100
Fruit, low-fat	345	Beans, dried, cooked, 1 cup	90
		Kale, cooked, ½ cup	90
		Broccoli, cooked, 1 cup	80
		Bok choy, cooked, ½ cup	80
		Collard or mustard greens, cooked, ½ cup	75
		Kidney beans, 1 cup	50
		Orange, 1 medium	50
		Soybean milk, 1 cup	10