Food and Calcium
Haitian-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
Chocolate	280
Evaporated, ½ cup	330

Cheeses – 1 oz.	**Mg**
Swiss	270
Mozzarella, part skim	205
Cheddar	205
Muenster	205
American, process	175
Cottage, reduced-fat	75

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

Desserts	**Mg**
Pudding, chocolate, ½ cup	135

Other Foods	**Mg**
Sardines with bones, 3 ounces	370
Dried, salted cod, 3 oz.	135
Herring, canned, 3 oz.	125
Red beans, 1 cup	85
Broccoli, cooked, 1 cup	80
Black beans, 1 cup	45
Lentils, 1 cup	35
Enriched white rice, 1 cup	20