

# Foods That Have Calcium

Milk is known to be a good source of calcium but there are many non-dairy sources of calcium too! The table below lists foods that have calcium.

| Food                         | Serving Size     | Amount of Calcium in Milligrams (mg) |
|------------------------------|------------------|--------------------------------------|
| <b>Produce*</b>              |                  |                                      |
| Collard greens, frozen       | 1 ¼ cups         | 360 mg                               |
| Spinach, cooked              | 1 cup            | 245 mg                               |
| Broccoli rabe, sauteed       | 1 cup            | 301 mg                               |
| Kale, frozen                 | 1 ¼ cups         | 180 mg                               |
| Bok choy, boiled             | 1 ¼ cups         | 160 mg                               |
| Butternut squash, cooked     | 1 cup            | 84 mg                                |
| Figs, dried                  | 2 figs           | 65 mg                                |
| Broccoli, cooked             | 1 ¼ cups         | 60 mg                                |
| Orange                       | 1 orange         | 55 mg                                |
| <b>Seafood*</b>              |                  |                                      |
| Sardines, canned with bones  | 3 ounces         | 325 mg                               |
| Salmon, canned with bones    | 3 ounces         | 180 mg                               |
| Shrimp, canned               | 3 ounces         | 125 mg                               |
| <b>Dairy*</b>                |                  |                                      |
| Ricotta cheese, part-skim    | ½ cup (4 ounces) | 335 mg                               |
| Yogurt, plain, low-fat       | ¾ cup (6 ounces) | 310 mg                               |
| Milk, skim, low-fat, whole   | 1 cup            | 300 mg                               |
| Yogurt with fruit, low-fat   | ¾ cup (6 ounces) | 260 mg                               |
| Mozzarella cheese, part-skim | ¼ cup (1 ounce)  | 210 mg                               |
| Cheddar cheese               | ¼ cup (1 ounce)  | 205 mg                               |
| Yogurt, Greek                | ¾ cup (6 ounces) | 200 mg                               |
| American cheese              | ¼ cup (1 ounce)  | 195 mg                               |
| Feta cheese                  | 1 cup            | 140 mg                               |
| Cottage cheese, 2%           | 1 cup            | 130 mg                               |
| Frozen yogurt, vanilla       | ½ cup            | 105 mg                               |
| Ice cream, vanilla           | ½ cup            | 85 mg                                |
| Parmesan cheese              | 1 tablespoon     | 55 mg                                |

\*The calcium content listed for most foods is estimated and can vary. Always read the food label to see how much calcium is in a food.

(over)

| Food  | Serving Size               | Amount of Calcium in Milligrams (mg) |
|---|----------------------------|--------------------------------------|
| <b>Nuts, Seeds, Beans and Legumes</b>                                     |                            |                                      |
| Black-eyed peas, canned   | ½ cup                      | 185 mg                               |
| Chia seeds  | 2 tablespoons              | 179 mg                               |
| White beans (navy beans), cooked  | 1 cup                      | 161 mg                               |
| Beans, baked, canned  | ½ cup                      | 160 mg                               |
| Sesame seeds  | 1 tablespoon               | 140 mg                               |
| Almonds   | 23 almonds                 | 76 mg                                |
| <b>Fortified Foods*</b>   |                            |                                      |
| <i>Fortified foods must state that they are fortified on the package.</i> |                            |                                      |
| Almond, rice or soy milk  | 1 cup                      | 300 mg                               |
| Orange juice and other fruit juices                                       | 1 cup                      | 300 mg                               |
| Tofu, prepared with calcium   | 4 ounces                   | 205 mg                               |
| Waffle, frozen  | 2 pieces                   | 200 mg                               |
| English muffin  | 1 muffin                   | 100 mg                               |
| Cereal  | 8 ounces (¼ cup to 2 cups) | 100 to 1,000 mg                      |
| <b>Other*</b>   |                            |                                      |
| Macaroni and cheese, frozen   | 1 package                  | 325 mg                               |
| Pesto   | ¼ cup                      | 193 mg                               |
| Pizza, cheese, frozen   | 1 serving                  | 115 mg                               |
| Pudding, chocolate, prepared with 2% milk                                 | ½ cup                      | 160 mg                               |

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