

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)
Produce*		
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
Seafood*		
Sardines, canned with bones	3 ounces	325 mg
Salmon, canned with bones	3 ounces	180 mg
Shrimp, canned	3 ounces	125 mg
Dairy*		
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)
Nuts, Seeds, Beans and Legumes		
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
Fortified Foods*		
<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
Other*		
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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