

Calcium Content of Common Foods

Food	Serving Size	Calcium (mg)	Calories
Dairy Products			
Milk, 1% Lowfat	8 oz.	300	102
Milk, 2% Lowfat	8 oz.	297	121
Milk, Skim	8 oz.	302	86
Milk, Whole	8 oz.	291	150
Yogurt, plain (whole milk)	8 oz.	274	139
Yogurt, plain (lowfat)	8 oz.	400	130
Yogurt, flavored (lowfat)	8 oz.	300-400 *	200-250
Yogurt, frozen (lowfat)	4 oz.	105	115
American Cheese	1 oz.	150	110
Cheddar Cheese	1 oz.	204	114
Cottage Cheese	1/2 cup	69	82
Cream Cheese	1 oz.	23	99
Feta cheese	1 oz.	140	75
Gouda/Muenster/Provolone	1 oz.	200	100
Mozzarella Cheese	1 oz.	147	80
Mozzarella Cheese, part skim	1 oz.	183	72
Parmesan cheese, grated 2 tbsp	2 tbsp.	138	46
Pizza Cheese	1/4 cup	150	100
Ricotta, whole milk	1/2 cup	257	216
Ricotta , part skim	1/2 cup	337	171
String Cheese	1 oz. stick	150	80
Swiss Cheese	1 oz.	272	107
Salmon - canned	3.5 ounces	185	
Vegetables			
Artichoke, boiled	1 medium	135	150
Broccoli, chopped	1/2 cup	47	26

Chinese cabbage (pak-choi), boiled	1/2 cup	79	10
Collards, boiled	1/2 cup	110	21
Kale, chopped, boiled	1/2 cup	45	21
Mustard greens, boiled	1/2 cup	52	11
Okra, boiled	1/2 cup	77	30
Parsnips, boiled	1/2 cup	29	63
Peas, boiled	1/2 cup	20	62
Squash, acorn or butternut, baked	1/2 cup	45	50
Sweet potato, baked	1/2 cup	32	90
Turnip greens, boiled	1/2 cup	99	14
Legumes			
Black beans, boiled	1/2 cup	23	113
Chick Peas, canned	1/2 cup	38	142
Hummus	1/2 cup	62	210
Kidney beans, canned	1/2 cup	34	103
Lentils, boiled	1/2 cup	29	115
Lima beans, baby, boiled	1/2 cup	25	95
Navy beans, canned	1/2 cup	61	148
Pinto beans, canned	1/2 cup	51	117
Fruits			
Figs, fresh	2 medium	36	74
Kiwifruit	1 medium	20	46
Orange	1 fresh	52	60
Orange juice	8 oz.	22	112
Orange juice (calcium fortified)	8 oz.	300	112
Papaya, fresh	1/2 medium	36	60
Raspberries, fresh	1 cup	27	60
Nuts and Seeds			

Almonds, dried	1/2 oz.	37	82
Almond butte	1 tbsp.	43	101
Sesame butter, roasted (tahini)	1 tbsp.	64	89
Sesame seeds, whole, dried	1 tbsp.	88	52
Soybean nuts, roasted	1/2 oz.	20	68
Fish and Shellfish			
Cod, Atlantic	3 oz.	13	89
Crab, cooked	3 oz.	50	82
Haddock	3 oz.	28	95
Sardines, with bone, canned	4	242	100
Trout, rainbow	3 oz.	75	135
Tuna, light, canned in water	3 oz.	10	99
Other Foods			
Molasses, blackstrap	1 tbsp.	172	47
Tofu, firm uncooked**	1/2 cup	258	183
Tofu, regular uncooked**	1/2 cup	130	94
Tempeh, steamed	1/2 cup	77	165
Soymilk, calcium-fortified	8 oz.	150-300 *	108-130 *
* Varies by brand	**Calcium added in processing.		
Sources: Bowes and Church's <i>Food Values of Portions Commonly Used</i> , USDA Nutrient DataBank			

Commonly Available Calcium Supplements

Product	Comment
Calcium Carbonate <ul style="list-style-type: none"> • Alka-Mints • Caltrate • Rolaids 	Calcium carbonate is best taken with meals to enhance absorption. (Provides 40% elemental calcium per tablet). May cause constipation or gas. Cheapest form of calcium available. <i>Avoid calcium carbonate derived from oyster shells</i> , unless it is purified, since it may contain heavy metal contaminants.

<ul style="list-style-type: none"> • Titalac • Tums • Viactiv 	
<p>Calcium Citrate</p> <ul style="list-style-type: none"> • Calcitrate • Citrical 	<p>Easily absorbed, can be taken anytime. Contains 21% elemental calcium per tablet so need more tablets to get recommended amount of elemental calcium. More expensive than calcium carbonate.</p>
<ul style="list-style-type: none"> • Calcium Phosphate • Calcium Lactate, • Calcium Gluconate 	<p>Not recommended. Calcium phosphate is difficult to absorb; calcium lactate and calcium gluconate contain low concentrations of calcium and so require many pills to achieve recommended amount of elemental calcium.</p>

If your dietary sources of calcium are insufficient, a supplement taken with meals is needed to ensure adequate intake. Read labels carefully to insure that you obtain adequate **elemental** calcium. Elemental calcium is the amount of calcium available for absorption from each tablet. In general, you must take several tablets or portions to receive the recommended daily allowance of calcium.

Remember, it is preferable to obtain calcium through your diet.