



Calcium

- Calcium is a mineral that is essential for bone formation and retention. Adequate consumption of dietary calcium is critical in maintaining calcium balance and preventing osteoporosis
- The best sources of calcium are milk and dairy products. For those individuals who do not consume adequate amounts of milk or dairy products, a supplement may be necessary.
- **To increase dietary calcium, consider these tips:**
 - Include at least three servings of calcium-rich foods each day. Milk and milk products contain the most calcium, but some vegetables and grains are also good sources
 - Individuals who avoid milk products can increase calcium intake by consuming calcium-fortified foods and dark green vegetables. Calcium from vegetable sources may not be as well absorbed.
 - Vitamin D helps to increase calcium absorption in the body. Choose milk and milk products fortified with Vitamin D. Vitamin D is also acquired by exposure to sunlight.
- **Recommended intakes for calcium:**
 - 19-50 years 1000mg
 - 51 years and over 1200mg

Calcium Content of Common Foods in Common Portions

Food	Serving Size	Calcium Content (mg)	Calories
Dairy Products			
Milk 1% Lowfat	8oz	300	102
Milk 2% Lowfat	8oz	297	121
Milk, Skim	8oz	302	86
Milk, Whole	8oz	291	150
Yogurt, plain (whole milk)	8oz	274	139
Yogurt, plain (lowfat)	8oz	400	130
Yogurt, flavored (lowfat)	8oz	300-400*	200-250*
Yogurt, frozen	4oz	105	115
American Cheese	1oz	150	110
Cheddar Cheese	1oz	204	114
Cottage Cheese, 1% lowfat	½ cup	69	82
Cream Cheese	1oz/2tbsp	23	99
Feta Cheese	1oz	140	75
Gouda/Muenster/Provolone	1oz	200	100
Mozzarella Cheese	1oz	147	80
Mozzarella Cheese, part skim	1oz	183	72
Parmesan Cheese, grated	2tbsp	138	46
Pizza Cheese	¼ cup	150	100
Ricotta, whole milk	½ cup	257	216
Ricotta, part skim	½ cup	337	171
String Cheese	1oz stick	150	80
Swiss Cheese	1oz	272	107

Vegetables			
Artichoke, boiled	1 medium	135	150
Broccoli, chopped	½ cup	47	26
Chinese Cabbage (pak-choi), boiled	½ cup	79	10
Collards, boiled	½ cup	110	21
Kale, chopped, boiled	½ cup	45	21
Mustard greens, boiled	½ cup	52	11
Okra, boiled	½ cup	77	30
Parsnips, boiled	½ cup	29	63
Peas, boiled	½ cup	20	62
Squash (acorn or butternut), baked	½ cup	45	50
Sweet Potato, baked	½ cup	32	90
Turnip greens, boiled	½ cup	99	14
Legumes			
Black Beans, boiled	½ cup	23	113
Chick Peas, canned	½ cup	38	142
Hummus	½ cup	62	210
Kidney Beans, canned	½ cup	34	103
Lentils, boiled	½ cup	29	115
Lima Beans (baby), boiled	½ cup	25	95
Navy Beans, canned	½ cup	61	148
Pinto Beans, canned	½ cup	51	117
Fruits			
Figs, fresh	2 medium	36	74
Kiwi	1 medium	20	46
Orange, fresh	1 medium	52	60
Orange Juice	8oz	22	112
Orange Juice, calcium-fortified	8oz	300	112
Papaya, fresh	½ medium	36	60
Raspberries, fresh	1 cup	27	60
Nuts and Seeds			
Almonds, dried	½ oz (12)	37	82
Almond Butter	1 tbsp	43	101
Sesame Butter, roasted (tahini)	1 tbsp	64	89
Sesame Seeds, whole, dried	1 tbsp	88	52
Soybean Nuts, roasted	½ oz	20	68
Fish and Shellfish			
Cod, Atlantic	3oz	13	89
Crab, cooked	3oz	50	82
Haddock	3oz	28	95
Sardines, bone-in, canned	4	242	100
Trout, rainbow	3oz	75	135
Tuna, light, canned in water	3oz	10	99
Other			
Molasses, blackstrap	1 tbsp	172	47
Tofu, firm, uncooked**	½ cup	258	183
Tofu, regular, uncooked**	½ cup	130	94
Tempeh, steamed	½ cup	77	165
Soymilk, calcium-fortified	8oz	150-300*	108-130*

* Varies by brand ** Calcium added in processing