

# Calcium-Rich Foods

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Food Item	Serving Size	Calcium (mg)	Fat (g)	Calories
<b>Milk</b>				
Whole	8 oz.	288	8.0	150
1% milk	8 oz.	300	2.6	102
2% milk	8 oz.	297	4.7	121
Skim milk	8 oz.	302	0.4	86
<b>Yogurt</b>				
Plain fat-free (w/added milk solids)	8 oz.	452	0.4	127
Plain low-fat (w/added milk solids)	8 oz.	415	3.5	144
Fruit low-fat	8 oz.	314	2.6	225
<b>Cheese</b>				
American Cheese	1 oz.	124	8.9	106
Cheddar Cheese	1 oz.	204	9.4	114
Cottage Cheese, 1% low-fat	1 cup	138	2.3	164
Mozzarella Cheese, part skim	1 oz.	147	6.1	80
Muenster Cheese	1 oz.	203	8.5	104
Parmesan Cheese, grated	1 tbsp.	69	1.5	23
Ricotta Cheese, part skim	1/2 cup	337	9.8	171
Ricotta Cheese, whole milk	1/2 cup	257	16.1	216
<b>Ice Cream, Vanilla</b>				
10% Fat	1 cup	176	14.3	269
16% Fat (Rich)	1 cup	151	23.7	349
Orange Sherbet	1 cup	103	3.8	270
<b>Ice Milk, Vanilla</b>				
Hard	1 cup	176	5.6	184
Soft Serve	1 cup	274	4.6	223
<b>Fish and Shellfish</b>				
Oysters, raw	12	76	4.2	116
Sardines, canned in oil, drained, including bones	4	184	5.6	100
Salmon, pink, canned, including bones	3 oz.	181	5.1	118
Shrimp, canned, drained	3 oz.	50	1.7	102
<b>Vegetables</b>				
Bok Choy, raw (Chinese Cabbage)	1 cup	74	0	9
Broccoli, cooked, drained, from raw	1 cup	178	0.4	46
Broccoli, cooked, drained, from frozen	1 cup	94	0.2	50
Soybeans, mature, boiled	1 cup	175	15.4	298
Collards, cooked, drained, from raw	1 cup	148	0.3	27
Turnip greens, cooked, drained from raw (leaves and stems)	1 cup	198	0.4	30
Tofu	1 cup	*260	11.8	366
Orange (Naval)	1 whole	56	0.1	65
Almonds (Dry Roasted)	1 oz.	80	14.7	167

\* The calcium content of tofu may vary depending on processing methods. Tofu processed with calcium salts can have as much as 300 mg calcium per 4 oz. Often, the label or the manufacturer can provide more specific information.

- NOTE:** You may also increase the calcium in foods by following these suggestions:
1. Add non-fat powdered dry milk to all soups, casseroles, and drinks.
  2. Sesame seeds provide 60 mg of calcium per oz. and sunflower seeds provide 33 mg of calcium per oz. These can be sprinkled on casseroles or salads.
  3. Buy juices, cereal and bread that are fortified with calcium.
  4. Replace whole milk and cream with skim and low-fat milk in recipes.
  5. Replace sour cream with yogurt in recipes.
  6. Some bottled waters contain calcium, so check the labels for more information.