



## Food Sources Rich in Calcium

<b>Dairy</b>	<b>Portion</b>	<b>mg</b>	<b>Fruit</b>	<b>Portion</b>	<b>mg</b>
Milk, all types	1 cup	300	Orange	1 med	55
Milk, evaporated	1/4 cup	165	Dried Fig	2 med	54
Cheese, brick or cheddar	1 oz	205			
Cottage Cheese	1 cup	140	<b>Non-Dairy Drinks</b>		
Cheese, swiss	1 oz	240	Fortified soy beverage	1 cup	300
Processed cheese slices	1 oz	240	Fortified rice beverage	1 cup	300
Ice cream	1/2 cup	85	Regular soy beverage	1 cup	20
Non-fat plain yogurt	1 cup	490	Carnation Instant Breakfast	1 serving	350-500
<b>Beans</b>			<b>Grains</b>		
Tofu, firm (with calcium)	1/4 cup	125	Amaranth, boiled	1/2 cup	150
Soy Bean	1/2 cup	90	Whole wheat/white bread	1 slice	20
White Beans	1/2 cup	80	Whole wheat flour	1 cup	40
Hummus	1/4 cup	30	Cereal	1 cup	260-300
Navy, Jack, Sword beans	1/2 cup	60			
Pinto beans, Chick peas	1/2 cup	40	<b>Nuts and Seeds</b>		
Red Kidney beans	1/2 cup	25	Whole sesame seeds	1 Tbsp	90
			Tahini	1 Tbsp	63
<b>Vegetables</b>			Almonds	1/4 cup	95
Broccoli, cooked	1/2 cup	90			
Okra	1/2 cup	75	<b>Meats, Fish, Poultry</b>		
Collard Greens	1/2 cup	75	Dried Fish	2 Tbsp	140
Mustard Greens	1/2 cup	50	Scallops, steamed	7	105
Kale	1/2 cup	100	Sardines	3 oz	210
Turnip Greens	1/2 cup	95	Oysters	1/2 cup	120
Beet greens	1/2 cup	85	Shrimp, canned	1/2 cup	75
Spinach	1/2 cup	175	Salmon, raw without bones	3 oz	80
Carrots	1/2 cup	25	Salmon, canned with bones	3 oz	190
Tomatoes	1/2 cup	35			
Cabbage	1/2 cup	25	<b>Miscellaneous</b>		
			Luna Bar	1 bar	350
			Power Bar	1 bar	300

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## 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 amount of milk or dairy products, a supplement may be necessary.

### Tips to Increase Dietary Calcium

- 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

Age	Calcium
19-50 yrs	1000 mg
51+ yrs	1200 mg