



Food Sources of Calcium

Resource: www.bchealthguide.org

Dairy Foods	Serving	calcium (mg)
Milk, with added calcium	1 cup	430
Milk, whole, 2%, 1% skim	1 cup	300
Milk, evaporated	1/2 cup	367
Cheese, hard	50 gm	360 (average)*
Processed cheese spread	4 Tbsp	348
Cheese, processed slices	50 gm	276
Cottage cheese, 1 or 2%	2 cups	310
Cottage cheese, <0.1%	2 cups	156
Yogurt, plain	3/4 cup	290 (average)*
Yogurt, fruit bottom	3/4 cup	233 (average)*
Frozen yogurt, soft serve	1 cup	218
Ice cream	1 cup	194

*calcium content varies, check label

Beans and Bean Products	Serving	calcium (mg)
Tofu, medium firm or firm, made with calcium sulphate	150 gm	347
Tofu, firm, made with calcium sulphate and magnesium chloride	150 gm	234
White beans	3/4 cup	119
Navy beans	3/4 cup	93
Black turtle beans	3/4 cup	75
Pinto beans, chickpeas	3/4 cup	58

Nuts and Seeds	Portion	calcium (mg)
Tahini (sesame seed butter)	2 Tbsp	130
Almonds, dry roast	1/4 cup	93
Almond butter	2 Tbsp	88
Sesame seed kernels, dried	1/4 cup	50

Meats, Fish, and Poultry	Serving	calcium (mg)
Sardines, Atlantic, canned with bones	75 gm	286
Sardines, Pacific, canned with bones	75 gm	180
Salmon, canned with bones	75 gm	208

Grains	Serving	calcium (mg)
Bannock	1 med	84
Oats, instant, regular, no sugar added	1 pouch	165

Non Dairy Drinks	Serving	calcium (mg)
Fortified rice or soy beverage	1 cup	319**
Orange juice fortified with calcium and vitamin D	1/2 cup	165
Regular soy beverage	1 cup	110

**added calcium sometimes settles at the bottom of the container; shake well before drinking

Vegetables (all measures for cooked vegetables)	Serving	calcium (mg)
Turnip greens	1/2 cup	104
Chinese cabbage/bok choy	1/2 cup	84
Okra, frozen	1/2 cup	65
Mustard greens	1/2 cup	55
Kale	1/2 cup	49
Chinese broccoli (gai lan)	1/2 cup	46
Rutabaga	1/2 cup	43
Broccoli	1/2 cup	33

Fruit	Serving	calcium (mg)
Orange	1 med	52

Other	Serving	calcium (mg)
Brown sugar	1 cup	198
Blackstrap molasses	1 Tbsp	179
Regular molasses	1 Tbsp	44

Asian Foods	Serving	calcium (mg)
Dried fish, smelt	35 gm	560
Soy bean curd slab, semisoft	100 gm	308
Daylily flower	100 gm	303
Sea cucumber, fresh	100 gm	285
Soy bean milk film, stick shape	100 gm	77
Seaweed, Wakame, raw	1/2 cup	63
Seaweed, dry (agar)	1/2 cup	50
Fat-choy, dried	1/4 cup	50
Soy bean milk film, dried	100 gm	48

