

# Calcium-Rich Food List

## 300mg Calcium Choices

Each of the food choices listed below is equivalent to 1 serving which provides approximately 300mg calcium per serving.

Choose \_\_\_\_\_ Servings Daily

provides  
\_\_\_\_\_mg  
calcium

Milk & Milk Products	Serving Size
Milk: skim, 1%, 2%, homo, chocolate, organic, goat	1 cup (250mL)
evapourated	1/2 cup
powdered	6 tbsp
calcium-fortified	3/4 cup
lactose-reduced	1 cup
buttermilk (not fortified with vitamin D)	1 cup
Yogurt: plain & flavoured varieties	3/4 cup (175gm)
calcium-fortified variety	~1/2 cup (113gm)
frozen	1 cup
Cheese: firm (brick, cheddar, Colby, edam, swiss, mozzarella, goat (regular/reduced fat)	1.5 oz (45 gm)
processed cheese (regular/reduced fat)	2 slices
parmesan cheese (grated)	4 tbsp
ricotta cheese (regular/reduced fat)	1/2 cup
Puddings: instant or rice (made with milk)	1 cup (250mL)
Non-Dairy Beverages	
Soy Beverage (fortified: 28-30% calcium)	1.5 cups
Almond/Rice Beverages (fortified)	1 cup
Orange/Grapefruit Juices (calcium-fortified)	1 cup
Canned Fish	
Salmon, with bones	1/2 can (7.5 oz can)
Sardines, with bones	1 can (7 medium)
Soy Products	
Tofu, Firm/Regular (calcium sulfate or chloride)	1/2 cup—1 cup
Soybeans, cooked	2 cups
Soynuts	1 cup
Vegetables	
Collards, cooked	1 cup
Bok Choy, Mustard, or Dandelion Greens (cooked)	2 cups
Turnip Greens, cooked	1 1/2 cups

# Moderate Calcium Food List

## 150 mg Calcium Choices

Each of the food choices listed below is equivalent to 1 serving which provides approximately 150 mg calcium per serving.

Choose \_\_\_\_\_ Servings Daily

provides  
\_\_\_\_\_mg  
calcium

Nuts/Seeds	Serving Size
Almonds	1/3—1/2 cup
Hazelnuts	1/2 cup
Sesame seeds (chewed well)	2/3 cup
Almond butter or Tahini	3 tbsp
Almond paste	2 tbsp
Legumes	
Beans: canned or boiled	
Navy	1 1/4 cups
Pinto	2 cups
Kidney	2 3/4 cups
Baked	1 cup
Fruits/Vegetables	
Figs, dried	6
Oranges, fresh	3
Kale, cooked	1 1/2 cups
Broccoli, cooked	2 1/2 cups or 1/2 head
Brussel sprouts, cooked	2 1/2 cups or 20 sprouts
Milk Products	
Cheese, soft: blue, feta	1 oz (30gm)
camembert	1 1/2 oz (45gm)
Caresse (fresh cheese)	100gm
cottage cheese	1 cup
Yogurt, Minigo	100 gm container
Yop (drink)	200 mL container
Ice cream, regular	1 cup
Ice milk	1 cup
Miscellaneous	
Macaroni & Cheese	1 cup
Custard (baked)	1/2 cup
Pancakes (made with milk)	3 medium
Waffles	2