



## Calcium Rich Foods

\*\*\*Choose fat-free or low-fat options

### **Milk**

Fat-free (skim), Low-fat (1%), Reduced fat (2%), Whole  
Flavored milks  
Lactose-reduced milks  
Lactose-free milks

### **Milk-based desserts**

Puddings  
Ice milk  
Frozen yogurt  
Ice cream

### **Cheese**

*Hard Natural Cheeses*  
Cheddar  
Mozzarella  
Swiss  
Parmesan

*Soft Cheeses*  
Ricotta  
Cottage cheese

*Processed Cheeses*  
American

### **Yogurt**

Fat-free, Low-fat, Reduced fat, Whole varieties

### **Calcium-fortified Foods & Beverages (make sure to read labels)**

Cereals, granola bars, breakfast bars  
Orange Juice  
Rice milk  
Almond milk  
Soy products (milk, nuts)  
Tofu made with calcium sulfate

### **Vegetables (dark green, leafy)**

Greens – collard, turnip, mustard  
Kale  
Bok choy

### **Additional Sources**

Figs, dried  
Salmon  
Sardines, canned with bone

**Selected Food Sources Ranked by Amounts of Calcium per Standard Food Portion (Appendix 14 Dietary Guidelines for Americans, 2010)**

| food   | standard portion size                              | calories in standard portion <sub>a</sub> | calcium in standard portion <sub>a</sub> (mg) |
|--|--|---|---|
| Fortified ready-to-eat cereals (various)                         | <sup>3</sup> / <sub>4</sub> -1 cup (about 1 ounce) | 100-210                                   | 250-1,000                                     |
| Orange juice, calcium fortified                                  | 1 cup  | 117                                       | 500   |
| Plain yogurt, nonfat   | 8 ounces   | 127                                       | 452   |
| Romano cheese  | 1½ ounces  | 165                                       | 452   |
| Pasteurized process Swiss cheese                                 | 2 ounces   | 189                                       | 438   |
| Evaporated milk, nonfat  | ½ cup  | 100                                       | 371   |
| Tofu, regular, prepared with calcium sulfate                     | ½ cup  | 94  | 434   |
| Plain yogurt, low-fat  | 8 ounces   | 143                                       | 415   |
| Fruit yogurt, low-fat  | 8 ounces   | 232                                       | 345   |
| Ricotta cheese, part skim  | ½ cup  | 171                                       | 337   |
| Swiss cheese   | 1½ ounces  | 162                                       | 336   |
| Sardines, canned in oil, drained                                 | 3 ounces   | 177                                       | 325   |
| Pasteurized process American cheese food                         | 2 ounces   | 187                                       | 323   |
| Provolone cheese   | 1½ ounces  | 149                                       | 321   |
| Mozzarella cheese, part-skim                                     | 1½ ounces  | 128                                       | 311   |
| Cheddar cheese   | 1½ ounces  | 171                                       | 307   |
| Low-fat milk (1%)  | 1 cup  | 102                                       | 305   |
| Muenster cheese  | 1½ ounces  | 156                                       | 305   |
| Skim milk (nonfat)   | 1 cup  | 83  | 299   |
| Soy milk, original and vanilla, with added calcium               | 1 cup  | 104                                       | 299   |
| Reduced fat milk (2%)  | 1 cup  | 122                                       | 293   |
| Low-fat chocolate milk (1%)                                      | 1 cup  | 158                                       | 290   |
| Low-fat buttermilk (1%)  | 1 cup  | 98  | 284   |
| Rice milk, with added calcium                                    | 1 cup  | 113                                       | 283   |
| Whole chocolate milk   | 1 cup  | 208                                       | 280   |
| Whole milk   | 1 cup  | 149                                       | 276   |
| Plain yogurt, whole milk   | 8 ounces   | 138                                       | 275   |
| Reduced fat chocolate milk (2%)                                  | 1 cup  | 190                                       | 272   |
| Ricotta cheese, whole milk                                       | ½ cup  | 216                                       | 257   |
| Tofu, firm, prepared with calcium sulfate and magnesium chloride | ½ cup  | 88  | 253   |