

CALCIUM LINE UP GAME

(AMOUNTS LISTED FROM HIGHEST TO LOWEST)

FOOD	SERVING SIZE	CALCIUM (mg)
LOWFAT PLAIN YOGURT	1 CUP	448 mg
LOWFAT FRUIT-FLAVORED YOGURT	1 CUP	372 mg
MOZZARELLA CHEESE	1 ½ OUNCES	310 mg
FAT FREE (SKIM) MILK	1 CUP	306 mg
MUENSTER CHEESE	1 ½ OUNCES	304 mg
2 % REDUCED FAT MILK	1 CUP	285 mg
WHOLE MILK	1 CUP	276 mg
PIZZA	¼ OF 12" PIZZA	233 mg
TOFU (CA ADDED)	½ CUP	204 mg
CHEDDAR CHEESE	1 OUNCE	204 mg
COCOA	¾ CUP	195 mg
CLAM CHOWDER	1 CUP	186 mg
MACARONI AND CHEESE	½ CUP	181 mg
SALMON (WITH BONE)	3 OUNCES	181 mg
BAKED CUSTARD	½ CUP	148 mg
TOFU	½ CUP	108 mg
FROZEN YOGURT	½ CUP	103 mg
SHRIMP	3 OUNCES	98 mg
VANILLA ICE CREAM	½ CUP	92 mg
LOWFAT COTTAGE CHEESE	½ CUP	78 mg
COTTAGE CHEESE	½ CUP	68 mg
HALIBUT	3 OUNCES	51 mg
SPINACH	1 CUP	30 mg
SALTED PEANUTS	¼ CUP	27 mg
FRIED EGG	1 EGG	27 mg
RAISINS	¼ CUP	18 mg
PEANUT BUTTER	2 TABLESPOONS	15 mg
SOUR CREAM	1 TABLESPOON	14 mg
FRIED CHICKEN	3 OUNCES	13 mg
TUNA	3 OUNCES	9 mg
ROAST BEEF	3 OUNCES	8 mg
BANANA	1 MEDIUM	6 mg
HOT DOG	2 OUNCES	5 mg
BACON	½ OUNCE	2 mg

Resource: USDA Nutrient Data Laboratory <http://www.nal.usda.gov/fnic/foodcomp/>



UNIVERSITY OF ILLINOIS
EXTENSION
 FOOD STAMP NUTRITION EDUCATION
 EXPANDED FOOD AND NUTRITION
 EDUCATION PROGRAM

**University of Illinois * United States Department of Agriculture
 * Local Extension Councils Cooperating**

University of Illinois Extension provides equal opportunities in programs and employment.
 This material was funded by USDA's Food Stamp Program.