



Calcium-Rich Foods			
Food Item	Serving Size	Calcium (mg)	Calories
Milk			
Whole	8 oz.	291	150
Skim	8 oz.	302	85
Calcium Enriched Fruit Juices	8 oz.	150-300	varies
Yogurt			
Plain, low-fat	8 oz.	415	145
Fruit, low-fat	8 oz.	343	230
Frozen, fruit	8 oz.	240	223
Frozen, chocolate	8 oz.	160	220
Cheese			
Mozzarella, part skim	1 oz.	207	80
Muenster	1 oz.	203	105
Cheddar	1 oz.	204	115
Ricotta, part skim	4 oz.	335	190
Cottage, low-fat (2%)	4 oz.	78	103
Ice Cream, Vanilla (11% fat)			
Hard	1 cup	176	270
Soft serve	1 cup	236	375
Fish and Shellfish			
Sardines, canned in oil, drained, including bones	3 oz.	372	175
Salmon, pink, canned, including bones	3 oz.	167	120
Shrimp, canned, drained	3 oz.	98	100
Vegetables			
Broccoli, cooked, drained, from raw	1 cup	136	40
Broccoli, cooked, drained, from frozen	1 cup	100	50
Soybeans, cooked, drained, from raw	1 cup	131	235
Collards, cooked, drained, from raw	1 cup	357	65
Turnip greens, cooked, drained, from raw	1 cup	252	30
Tofu	4 oz.	108*	85



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