

## Foods High in Calcium

Food	Calcium (mg)
Yogurt, plain, low fat, 8 oz.	415
Yogurt, fruit, low fat, 8 oz.	245-384
Cheddar cheese, 1 1/2 oz shredded	306
Milk, non-fat, 8 fl oz.	302
Milk, reduced fat (2% milk fat), no solids, 8 fl oz.	297
Milk, whole (3.25% milk fat), 8 fl oz	291
Milk, buttermilk, 8 fl oz.	285
Milk, lactose reduced, 8 fl oz.**	285-302
Mozzarella, part skim, 1 1/2 oz.	275
Tofu, firm, made w/calcium sulfate, 1/2 cup***	204
Orange juice, calcium fortified, 6 fl oz.	200-260
Salmon, pink, canned, solids with bone, 3 oz.	181
Pudding, chocolate, instant, made w/ 2% milk, 1/2 cup	153
Cottage cheese, 1% milk fat, 1 cup unpacked	138
Tofu, soft, made w/calcium sulfate, 1/2 cup***	138
Spinach, cooked, 1/2 cup	120
Instant breakfast drink, various flavors and brands, powder prepared with water, 8 fl oz.	105-250
Frozen yogurt, vanilla, soft serve, 1/2 cup	103
Cereal, calcium fortified, 1 cup	100-1000
Ice cream, vanilla, _ cup	85
Soy beverage, calcium fortified, 8 fl oz.	80-500
Sour cream, reduced fat, cultured, 2 Tbsp	32
Bread, white, 1 oz	31
Broccoli, raw, 1/2 cup	21
Bread, whole wheat, 1 slice	20
Cheese, cream, regular, 1 Tbsp	12