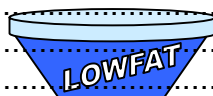


Calcium Reference List

✓ = Lowfat options with high calcium content

Food	Portion	Calcium	Calories	Fat (gm)
<u>Dairy</u>				
Milk, whole	1 cup	291	150	8.15
Milk, evaporated, whole	½ cup	329	169	9.53
Milk, reconstituted from dry, whole	1 cup	296	150	8.15
Milk, buttermilk, whole	½ cup	137	74	4.20
Milk, skim	1 cup	302	86	0.44✓
Milk, evaporated, skim	½ cup	371	100	0.26✓
Milk, reconstituted from dry, skim	1 cup	283	81	0.16✓
Milk, buttermilk, lowfat	½ cup	143	50	1.08✓
Yogurt, frozen, regular	½ cup	143	118	3.39
Yogurt, frozen, lowfat	½ cup	89	100	0.14✓
Yogurt, plain, nonfat	1 cup	488	137	0.44✓
Yogurt, fruited, nonfat	1 cup	323	162	0.49
Yogurt, plain, whole milk	1 cup	296	150	7.96
Cheddar cheese, natural, regular	1 oz	148	114	9.40
Cheddar cheese, natural, lowfat	1 oz	118	49	1.98
American cheese, regular	1 oz	142	106	8.86
Cottage cheese, regular	¼ cup	32	54	2.37
Cottage cheese, lowfat	½ cup	77	101	2.18
Ice cream, regular	½ cup	72	143	7.26
Ice milk	½ cup	92	92	2.84
Custard, plain, made with whole milk	½ cup	132	148	6.44
Pudding, chocolate, regular	½ cup	117	174	5.22
Cream, half and half	2 Tab	32	39	3.48
Sour cream, regular	2 Tab	28	56	5.55
Sour cream, lowfat	2 Tab	40	40	2.00
Cream cheese, regular	2 Tab	23	101	10.11
<u>Milk Alternative</u>				
Milk, soy milk, canned, not enriched, Regular	1 cup	10	81	4.68
Milk, soy milk, canned, enriched, regular	1 cup	400	81	4.68✓
<u>Fruits</u>				
Orange, fresh	1 medium	52	62	0.16
Orange juice, fortified with calcium	¾ cup	215	78	0.26✓
Blackberries, fresh	¾ cup	35	56	0.42
Raspberries, fresh, red	½ cup whole pieces	14	30	0.34
Tangerine, fresh	1 medium	12	37	0.16
Rhubarb, fresh, raw	½ cup	118	4	0.06✓
Figs, dried, uncooked	5 each	137	242	1.11✓
Apricot, dried, uncooked	5 halves	8	42	0.08



Food	Portion	Calcium	Calories	Fat (gm)
Vegetables				
Green or string beans, cooked	½ cup	31	18	0.11
Broccoli, cooked	½ cup, chopped	40	22	0.09
Cabbage, green, cooked	½ c volume after	23	16	0.32
Celery, raw	1 med stalk	16	6	0.06
Spinach, cooked	½ cup	131	25	0.19✓
Turnip greens, cooked	½ cup	99	14	0.17✓
Artichoke	1 medium	54	60	0.19
Okra, cooked	½ cup sliced	77	30	0.24✓
Kale, cooked	½ cup volume	90	19	0.32✓
Bok choy, cooked	½ cup volume	79	10	0.14✓
Beans				
Soybeans, cooked from dried or canned	½ cup volume after	88	149	7.71✓
Tofu (soybean curd), lowfat	4 oz	25	40	1.25
Tofu (soybean curd), regular	4 oz	119	86	5.42✓
Beans, white, cooked from dried or canned	½ cup volume after	80	123	0.31✓
Chickpeas/garbanzo beans, canned	½ cup	40	134	2.12
Grains				
Biscuit – baking powder, from mix	1 medium	105	194	10.81
Muffins, banana, plain, from bakery	1 medium	82	196	6.69
Bread, cornbread, from mix	1 piece	111	173	6.56
Pancake, white flour, plain	1 each	11	74	0.95
Amaranth, cooked	¼ cup, dry	75	182	3.17✓
Lentils, cooked from dried (no fat or salt added)	½ cup	19	115	0.38
wheat bread, whole wheat	1 medium slice	20	70	1.19
Seafood				
Salmon, cooked from fresh/frozen	3 oz edible portion	13	155	6.91
Salmon, canned	3 oz edible portion	181	118	5.15
Sardines, canned in water, drained	1 ounce	21	58	3.29
Sardines, canned in oil, drained	1 ounce	108	59	3.25
Clams, cooked from fresh	3 oz edible portion	78	126	1.66✓
Oyster, cooked from fresh	3 oz edible portion	77	117	4.18✓
Shrimp, cooked from fresh	3 oz edible portion	33	84	0.92
Other				
Almonds, raw	¼ cup whole pieces	94	209	18.53
Eggs, boiled	1 large	25	77	5.30

