

Foods High in Calcium



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| 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 |