

Selected Food Sources of Calcium

Food	Milligrams (mg) per serving	Percent DV*
Yogurt, plain, low fat, 8 ounces	415	42
Sardines, canned in oil, with bones, 3 ounces	324	32
Cheddar cheese, 1.5 ounces	306	31
Milk, nonfat, 8 ounces	302	30
Milk, reduced-fat (2% milk fat), 8 ounces	297	30
Milk, lactose-reduced, 8 ounces**	285-302	29-30
Milk, whole (3.25% milk fat), 8 ounces	291	29
Milk, buttermilk, 8 ounces	285	29
Mozzarella, part skim, 1.5 ounces	275	28
Yogurt, fruit, low fat, 8 ounces	245-384	25-38
Orange juice, calcium-fortified, 6 ounces	200-260	20-26
Tofu, firm, made with calcium sulfate, ½ cup***	204	20
Salmon, pink, canned, solids with bone, 3 ounces	181	18
Pudding, chocolate, instant, made with 2% milk, ½ cup	153	15
Cottage cheese, 1% milk fat, 1 cup unpacked	138	14
Tofu, soft, made with calcium sulfate, ½ cup***	138	14
Spinach, cooked, ½ cup	120	12
Ready-to-eat cereal, calcium-fortified, 1 cup	100-1,000	10-100
Instant breakfast drink, various flavors and brands, powder prepared with water, 8 ounces	105-250	10-25
Frozen yogurt, vanilla, soft serve, ½ cup	103	10
Turnip greens, boiled, ½ cup	99	10
Kale, cooked, 1 cup	94	9
Kale, raw, 1 cup	90	9
Ice cream, vanilla, ½ cup	85	8.5
Soy beverage, calcium-fortified, 8 ounces	80-500	8-50
Chinese cabbage, raw, 1 cup	74	7
Tortilla, corn, ready-to-bake/fry, 1 medium	42	4
Tortilla, flour, ready-to-bake/fry, one 6" diameter	37	4
Sour cream, reduced fat, cultured, 2 tablespoons	32	3
Bread, white, 1 ounce	31	3
Broccoli, raw, ½ cup	21	2
Bread, whole-wheat, 1 slice	20	2
Cheese, cream, regular, 1 tablespoon	12	1