

## Calcium content of foods

### Daily requirements

Age	Calcium (mg)
1 - 3 years old	500 mg
4 - 8 years old	800 mg
9 - 18 years old	1300 mg
19 - 50 years old	1000 mg
51 - 70 years old	1200 mg
> 70 years old	1200 mg

### Dietary sources of Calcium

Food type	Examples	Amount	Calcium (mg)
<b>Dairy and Soy</b>	Milk (skim, low fat, whole)	1 cup	300
	Buttermilk	1 cup	300
	Cottage Cheese	.5 cup	65
	Ice Cream or Ice Milk	.5 cup	100
	Sour Cream, cultured	1 cup	250
	Soy Milk, calcium fortified	1 cup	200 to 400
	Yogurt	1 cup	450
	Yogurt drink	12 oz	300
	Carnation Instant Breakfast	1 packet	250
	Hot Cocoa, calcium fortified	1 packet	320
	Nonfat dry milk powder	5 Tbsp	300
	Brie Cheese	1 oz	50
	Hard Cheese (cheddar, jack)	1 oz	200
	Mozzarella	1 oz	200
	Parmesan Cheese	1 Tbsp	70
	Swiss or Gruyere	1 oz	270
<b>Vegetables</b>	Acorn squash, cooked	1 cup	90

	Arugula, raw	1 cup	125
	Bok Choy, raw	1 cup	40
	Broccoli, cooked	1 cup	180
	Chard or Okra, cooked	1 cup	100
	Chicory (curly endive), raw	1 cup	40
	Collard greens	1 cup	50
	Corn, brine packed	1 cup	10
	Dandelion greens, raw	1 cup	80
	Kale, raw	1 cup	55
	Kelp or Kombe	1 cup	60
	Mustard greens	1 cup	40
	Spinach, cooked	1 cup	240
	Turnip greens, raw	1 cup	80
<b>Fruits</b>	Figs, dried, uncooked	1 cup	300
	Kiwi, raw	1 cup	50
	Orange juice, calcium fortified	8 oz	300
	Orange juice, from concentrate	1 cup	20
<b>Legumes</b>	Garbanzo Beans, cooked	1 cup	80
	Legumes, general, cooked	.5 cup	15 to 50
	Pinto Beans, cooked	1 cup	75
	Soybeans, boiled	.5 cup	100
	Temphe	.5 cup	75
	Tofu, firm, calcium set	4 oz	250 to 750
	Tofu, soft regular	4 oz	120 to 390
	White Beans, cooked	.5 cup	70
<b>Grains</b>	Cereals (calcium fortified)	.5 to 1 cup	250 to 1000
	Amaranth, cooked	.5 cup	135
	Bread, calcium fortified	1 slice	150 to 200

	Brown rice, long grain, raw	1 cup	50
	Oatmeal, instant	1 package	100 to 150
	Tortillas, corn	2	85
<b>Nuts and Seeds</b>	Almonds, toasted unblanched	1 oz	80
	Sesame seeds, whole roasted	1 oz	280
	Sesame tahini	1 oz (2 Tbsp)	130
	Sunflower seeds, dried	1 oz	50
<b>Fish</b>	Mackerel, canned	3 oz	250
	Salmon, canned, with bones	3 oz	170 to 210
	Sardines	3 oz	370
<b>Other</b>	Molasses, blackstrap	1 Tbsp	135

\* When range is given, calcium content varies by product.

\* The calcium content of plant foods is varied. Most vegetables, legumes, nuts, seeds, and dried fruit contain some calcium. Listed are selected significant sources of well-absorbed calcium.

### ***References***

Available from url:

[http://www.ucsfhealth.org/education/calcium\\_content\\_of\\_selected\\_foods/index.html](http://www.ucsfhealth.org/education/calcium_content_of_selected_foods/index.html) Accessed 10 Jan 2011