

# Foods High in Calcium

This information is provided by the physicians of Women's Care

## Calcium Recommendations

|  |      |
|--|------|
| Up to 18 years of age                        | 1300 |
| 19-50 years of age                           | 1000 |
| 50 years and better                          | 1200 |
| Pregnant                                     | 1300 |
| Breastfeeding                                | 1300 |
| Up to 18 years and pregnant or breastfeeding | 1500 |

| Food                               | Serving Size | Milligrams |
|------------------------------------|--------------|------------|
| Yogurt (plain or w/ fruit)         | 1 cup        | 400        |
| Evaporated skim milk               | ½ cup        | 400        |
| Nonfat dry milk powder             | ½ cup        | 400        |
| Milk (all)                         | 1 cup        | 300        |
| Parmesan cheese (grated)           | ¼ cup        | 300        |
| Ricotta cheese                     | ½ cup        | 300        |
| Swiss and gruyere cheese           | 1 oz         | 300        |
| Tofu                               | ½ cup        | 300        |
| Hard cheeses                       | 1 oz         | 200        |
| Instant oatmeal                    | 1 packet     | 150        |
| Pudding, custard, flan             | ½ cup        | 150        |
| Beans (white)                      | ½ cup        | 100        |
| Cream cheese (nonfat)              | 1 oz         | 100        |
| Turnip greens, bok choy            | ½ oz         | 100        |
| Almonds                            | 1 oz         | 100        |
| Ice cream, ice milk, frozen yogurt | ½ cup        | 100        |
| Broccoli                           | ½ cup        | 50         |
| Kale, mustard greens               | ½ cup        | 50         |
| Beans (most dried)                 | ½ cup        | 50         |
| Cottage cheese                     | ½ cup        | 50         |
| Corn tortilla                      | 1 medium     | 50         |
| Orange                             | 1 medium     | 50         |
| Dates, raisins                     | ¼ cup        | 25         |
| Whole wheat bread                  | 1 slice      | 25         |
| Soy milk                           | 1 cup        | 25         |