

Food Sources of Calcium

For most North Americans, dairy products provide the majority of dietary calcium. In typical diets, foods other than dairy products provide about 200 - 400 mg of calcium per day. The Table below lists the calcium content of some common foods.

Dairy products	Portion	Calcium (mg)
Cheese -- Swiss, Gruyere	1.75 oz./50 g	493
Cheese -- Brick, Cheddar, Colby, Edam, Gouda	1.75 oz./50 g	353
Milk - whole, 2%, 1%, skim, buttermilk	1 cup/250 ml	~300
Cheese -- Mozzarella	1.75 oz./50 g	269
Yogurt, plain	¾ cup/175 ml	~300
Milk, dry powdered	3 Tbsp/45 ml	159
Ice cream	½ cup/125 ml	93
Cheese - cottage, creamed, 2%, 1%	½ cup/125 ml	87
Meat, fish, poultry and alternatives		
Sardines with bones	8 small	153
Salmon with bones, canned	½ of 213 g can	242
Almonds	½ cup/125 ml	200
Sesame seeds	½ cup/125 ml	100
Beans, cooked (kidney, navy, pinto, garbanzo)	1 cup/250 ml	90
Soybeans, cooked	1 cup/250 ml	175
Chicken, roasted	3 oz/90 g	13
Beef, roasted	3 oz/90 g	7
Tofu, set with calcium sulfate	½ cup/125 ml	130
Breads and cereals		
Muffin, bran	1 small/35 g	50

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Bread - white and whole wheat	1 slice/30 g	25
Fruits and vegetables		
Broccoli, raw	½ cup/125 ml	38
Orange	1 med/180 g	52
Banana	1 med/175 g	10
Lettuce	2 large leaves	8
Figs, dried	10	270
Combination dishes		
Lasagna, homemade	1 cup/250 ml	286
Soup made with milk, such as cream of chicken, tomato, mushroom or broccoli	1 cup/250 ml	189
Baked beans, canned	1 cup/250 ml	163
Fortified foods		
Calcium-fortified orange juice	1 cup/250 ml	~300
Calcium-fortified beverage (e.g., soy, rice beverage)	1 cup/250 ml	~300

- To determine the calcium content of other foods, you can consult the document "Nutrient Values of Some Common Foods", which displays nutrient information from the Canadian Nutrient File for 975 foods marketed in Canada. To view the PDF file, go to: http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-eng.php, scroll down, and click on "PDF version".
- Information on other food sources of calcium can be obtained through a searchable database that contains values for foods in the United States derived from the United States Department of Agriculture. It can be accessed through <http://www.nal.usda.gov/fnic/etext/000020.html>. This site also contains links to many other sources of food composition information.

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