

# Calcium-rich foods

Collard greens, cooked	1 cup	266 mg
Broccoli rabe, cooked	1 cup	100 mg
Kale, cooked	1 cup	179 mg
Soybeans, cooked	1 cup	175 mg
Bok Choy, cooked	1 cup	160 mg
Figs, dried	2 figs	65 mg
Broccoli, fresh, cooked	1 cup	60 mg
Oranges	1 whole	55 mg
Sardines, canned with bones	3 oz	325 mg
Salmon, canned with bones	3 oz	180 mg
Shrimp, canned	3 oz	125 mg
Ricotta, part-skim	4 oz	335 mg
Yogurt, plain, low-fat	6 oz	310 mg
Milk, skim, low-fat, whole	8 oz	300 mg
Yogurt with fruit, low-fat	6 oz	260 mg
Mozzarella, part-skim	1 oz	210 mg
Cheddar	1 oz	205 mg
Yogurt, Greek	6 oz	200 mg
American Cheese	1 oz	195 mg
Feta Cheese	4 oz	140 mg
Cottage Cheese, 2%	4 oz	105 mg
Frozen yogurt, vanilla	8 oz	105 mg
Ice Cream, vanilla	8 oz	85 mg
Parmesan	1 tbsp	55 mg
Almond milk, rice milk or soy milk, fortified	8 oz	300 mg
Orange juice and other fruit juices, fortified	8 oz	300 mg
Tofu, prepared with calcium	4 oz	205 mg
Waffle, frozen, fortified	2 pieces	200 mg
Oatmeal, fortified	1 packet	140 mg
English muffin, fortified	1 muffin	100 mg
Cereal, fortified	8 oz	100-1,000 mg
Mac & cheese, frozen	1 package	325 mg
Pizza, cheese, frozen	1 serving	115 mg
Pudding, chocolate, prepared with 2% milk	4 oz	160 mg
Beans, baked, canned	4 oz	160 mg

*\*The calcium content listed for most foods is estimated and can vary due to multiple factors. Check the food label to determine how much calcium is in a particular product.*