

HOW MUCH CALCIUM DO YOU EAT?

Recommended calcium intake is 1200-1500 mg per day

Food	Portion size	mg of calcium	Portions per week	Food	Portion size	mg of calcium	Portions per week
Dairy							
Butter	1 pat	1		Peas			
Cheese				Chickpeas (garbanzos)	1 cup	77	
American	1 oz	174		Green peas	1 cup	43	
Cheddar	1 oz	204		Lentils	1 cup	38	
Mozzarella	1 oz	175		Split peas	1 cup	27	
Parmesan	1 TB	69		Tofu			
Provolone	1 oz	214		Silken tofu, soft	1 slice	26	
Romano	1 TB	53		Silken tofu, firm	1 slice	27	
Swiss	1 oz	272		Tofu, regular with calcium sulfate	1/2 cup	434	
Cream				Tofu, firm with calcium sulfate	1/2 cup	860	
Heavy cream	1 TB	10		Fruits and Vegetables			
Half and half	1 TB	16		Banana	1	7	
Sour cream	1 TB	14		Beets	1/2 cup	9	
Egg	1 large	25		Broccoli	1/2 cup	36	
Ice cream	1 cup	151		Cabbage	1/2 cup	21	
Milk				Carrots	1/2 cup	23	
Whole milk	1 cup	291		Cauliflower	1/2 cup	17	
2% milk	1 cup	321		Celery	1 stalk	16	
1% milk	1 cup	321		Cherries	1 cup	21	
Non-fat milk	1 cup	316		Corn	1/2 cup	2	
Sherbet	1 cup	103		Dandelion greens (cooked)	1 cup	147	
Yogurt				Grapefruit	1/2	14	
Lowfat yogurt	8 oz	415		Grapes	1 cup	19	
Nonfat yogurt	8 oz	452		Kale (cooked)	1 cup	94	
Plain yogurt	8 oz	274		Lettuce	1/2 cup	10	
Nuts and Legumes				Mustard greens (cooked)	1 cup	104	
Beans				Orange	1	52	
Baked	1 cup	142		Orange juice	1 cup	22	
Black	1 cup	46		Peach	1	5	
Limas	1/2 cup	19		Pear	1	19	
Garbanzos (chickpeas)	1 cup	77		Pineapple	1 cup	11	
Kidney	1/2 cup	19		Potato			
Soybeans, boiled	1 cup	175		Baked potato with skin	1	20	
Soybeans, cooked	1 cup	261		Sweet potato with skin	1	28	
Soybeans, roasted	1 cup	237		Raisins	1 cup	81	
Nuts				Spinach (cooked)	1 cup	245	
Almonds	24 whole	70		Strawberries	1 cup	21	
Cashews, dry roasted	1 TB	4		Turnip greens (cooked)	1 cup	148	
Hazelnuts	25 whole	40					
Peanuts, roasted	25	13					
Peanut butter	2 tbs	13 mg					

HOW MUCH CALCIUM DO YOU EAT? (CONT.)

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Food	Portion size	mg of calcium	Portions per week
Flours, Grains, and Cereals			
Cereal			
Bran cereal	1/2 cup	106	
Cheerios	1 cup	55	
Corn flakes	1 cup	1	
Grape Nuts	1/2 cup	20	
Nutri-grain	1/2 cup	10	
Oatmeal	1 cup	19	
Raisin Bran	1 cup	35	
Rice Krispies	1 cup	2	
Special K	1 cup	5	
Total	1/2 cup	258	
Wheaties	1 cup	55	
Egg noodles	1 cup	19	
Flour			
Barley	1/2 cup	29	
Masa, enriched	1 cup	161	
Rye, light	1 cup	21	
Wheat, whole grain	1 cup	41	
Wheat germ	1/2 cup	23	
White	1 cup	19	
Rice			
Brown	1 cup	20	
White	1 cup	16	
Wild rice	1 cup	5	
Fish and Shellfish			
Cod	3 oz	12	
Clams	10	88	
Crabmeat	3 oz	50	
Halibut	3 oz	40	
Lobster	3 oz	54	
Mackerel	3 oz	10	
Oysters	10	40	
Pike	3 oz	62	
Salmon	3 oz	10	
Sardines	2	91	
Scallops	10 large	36	
Sea bass	3 oz	11	
Shrimp	10 large	22	
Swordfish	3 oz	4	
Trout	3 oz	57	
Tuna	1/2 can	18	

This information is for educational purposes only and is not intended to replace the advice of your physician or health care provider. We encourage you to discuss with your physician any questions and concerns you may have.