



**CALCIUM CONTENT OF COMMON FOODS**  
 RECOMMENDED DAILY ALLOWANCE IS 1000-1200 mg.

<u>FOOD</u>	<u>AMOUNT</u>	<u>CA (MG)</u>	<u>FOOD</u>	<u>AMOUNT</u>	<u>CA (MG)</u>
<b><u>DAIRY PRODUCTS</u></b>			<b><u>NUTS AND BEANS</u></b>		
<b><u>MILK</u></b>			<b><u>Almonds</u></b>		
Whole	1 cup	288	Pecans	½ cup	160
Nonfat (skim)	1 cup	296	Tofu	3 ½ oz	42
Butter (stick)	½ cup	23	Walnuts	½ cup	128
Buttermilk	1 cup	296			50
<b><u>CHEESE</u></b>			<b><u>SOUPS</u></b>		
Blue or Roquefort	1 cu in.	54	Canned with water	1 cup	34
Cheddar	1 cu in.	129	Clam chowder	1 cup	34
Cottage	12 oz.	320	Cream of chicken	1 cup	24
Parmesan, grated	1 tbsp.	68	Cream of mushroom	1 cup	41
Swiss (natural)	1 cu in.	139	Minestrone	1 cup	37
American	1 cu in.	122			
<b><u>CREAM</u></b>			<b><u>VEGETABLES</u></b>		
Half and half	1 tbsp	16	Asparagus	1 cup	37
Light	1 tbsp	15	Lima beans	1 cup	80
Sour	1 tbsp	12	Red kidney beans	1 cup	74
<b><u>CUSTARD, BAKED</u></b>	1 cup	297	Green/yellow snap	1 cup	72
			Beets	1 cup	72
<b><u>ICE CREAM</u></b>	1 cup	194	Broccoli, cooked	1 stalk	158
<b><u>ICE MILK</u></b>			Brussel sprouts	1 cup	50
Hardened	1 cup	204	Cabbage (raw)	1 cup	39
Soft serve	1 cup	273	Cabbage (cooked)	1 cup	64
Margarine (stick)	½ cup	23	Carrots	1 cup	45
<b><u>PUDDING</u></b>			Cashew nuts	1 cup	45
Chocolate	1 cup	250	Cauliflower, cooked	1 cup	25
Vanilla	1 cup	298	Celery	1 cup	39
<b><u>YOGURT</u></b>			Collards (cooked)	1 cup	289
Made from whole			Mustard greens cooked	1 cup	193
Milk	1 cup	272	Onions (raw)	1 onion	30
Made from partially			Onions (cooked)	1 cup	50
Skimmed milk	1 cup	294	Peanuts (roasted)	1 cup	107
Parsnips (cooked)	1 cup	70	Peas	1 cup	44
			Pumpkin (canned)	1 cup	57
<b><u>MEAT, POULTRY, SEAFOOD</u></b>			Sauerkraut (canned)	1 cup	57
Beef, lean only	2 ½ oz	10	Spinach	1 cup	200
Chicken breast (fried)	2 ½ oz	9	Squash (cooked)	1 cup	55
<b><u>EGGS</u></b>			Sweet potatoes	1 med.	52
Whole	1 egg	27	Tomatoes	1 med.	24
Yolk	1 yolk	24	Tomato ketchup	1 cup	60
Scrambled with			Turnips (cooked)	1 cup	54
Milk and fat	1 egg	51			
Clams	3 oz	53			
Crab meat, canned	3 oz	38			
Haddock, breaded					
Fried	3 oz	34			
Oysters, raw	1 cup	226			
Salmon, pink, canned	3 oz	167			
Sardines oil/drained	3 oz.	372			
Shrimp (canned)	3 oz	98			
Tuna in oil drained	3 oz	7			

**CALCIUM CONTENT OF COMMON FOODS (CONTINUED)**

<b>FOOD</b>	<b>AMOUNT</b>	<b>CA (mg)</b>	<b>FOOD</b>	<b>AMOUNT</b>	<b>CA (mg)</b>
<b><u>SUGARS AND SWEETS</u></b>			<b><u>GRAIN PRODUCTS</u></b>		
Caramels	1 oz	42	Barley	1 cup	32
Chocolate milk plain	1 oz.	65	Biscuits	1 biscuits	34
Fudge , plain	1 oz	22	Bran flakes/raisins	1 cup	28
Molasses, blackstrap	1 tbsp	137	Bread	1 slice	23
Sherbet	1 cup	31	Cakes (from mix)	1 piece	55
Sugar (brown)	1 cup	187	Cupcakes (mix)	1 small	43
<b><u>FRUITS AND FRUIT PRODUCTS</u></b>			Cornmeal	1 cup	23
Apricots in syrup (canned)	1 cup	28	Farina (cooked)	1 cup	147
Apricots (dried) uncooked	1 cup	100	Muffin	1 muffin	42
Avocados	1 med	26	Oats	1 cup	44
Cantaloupes (raw)	½ melon	27	Oatmeal	1 cup	22
Cherries canned (red)	1 cup	37	Pancakes		
Dates (pitted)	1 cup	105	(wheat/buttermilk)	1 cake	58
Grapefruit, pink	½ med	20	Pie		
Grapefruit juice	1 cup	23	Butterscotch	4 in. slice	98
Grapefruit juice (canned/bottled)	1 cup	28	Custard	4 in. slice	125
Lime juice	1 cup	22	Mince	4 in. slice	38
Oranges	1 med	54	Pecan	4 in. slice	55
Orange juice	1 cup	26	Pumpkin	4 in. slice	66
Papayas (raw)	1 cup	36	Pizza (cheese)	5 ½ in slice	107
Peaches, (dried)	1 cup	77	Rice (cooked)	1 cup	21
Pineapple	1 cup	27	Rolls		
Pineapple juice			(hamburger/hot dog)	1 roll	30
Canned	1cup	37	Rolls (hard)	1 roll	24
Plums (canned)	1 cup	36	Spaghetti & meat balls		
Prunes (cooked)	1 cup	60	homemade	1 cup	124
Prune juice bottles	1 cup	36	canned	1 cup	53
Raspberries (raw)	1 cup	27	Waffles		
Rhubarb (cooked)	1 cup	212	enriched flour	1 waffle	85
Strawberries (raw)	1 cup	31	from mix	1 waffle	179
Tangerines	1 med	34			
Watermelon	4 in. wedge	30			