

A Calcium Source Book

DAIRY	Calcium	Fat	Calories
Yogurt, plain nonfat (1 cup)	452 mg	.4 g	127
Yogurt, plain lowfat (1 cup)	415 mg	4 g	144
Milk, skim (1 cup)	302 mg	.4 g	86
Milk, 1% lowfat (1 cup)	300 mg	3 g	102
Milk, whole (1 cup)	291 mg	8 g	150
Buttermilk (1 cup)	285 mg	2 g	99
Cheese, Swiss (1 oz.)	275 mg	8 g	108
Cheese, cheddar (1 oz.)	207 mg	10 g	115
Cheese, skim milk mozzarella (1 oz.)	185 mg	5 g	73
Cheese, American (1 oz.)	176 mg	9 g	107
Cheese, Parmesan (1 tbsp.)	86 mg	2 g	29
VEGETABLES			
Spinach, fresh, boiled* (1/2 cup)	122 mg	.2 g	21
Turnip greens, fresh, boiled (1/2 cup)	99 mg	.2 g	15
Broccoli, fresh, boiled (1/2 cup)	89 mg	.2 g	23
Beet greens, fresh, boiled (1/2 cup)	83 mg	.1 g	20
Collard greens, fresh, boiled (1/2 cup)	74 mg	.1 g	14
Dandelion greens, fresh, boiled (1/2 cup)	74 mg	.3 g	18
Mustard greens, fresh, boiled (1/2 cup)	52 mg	.2 g	11
Kale, fresh, boiled (1/2 cup)	47 mg	.3 g	21
FRUIT			
Figs, dried (1/4 cup)	72 mg	.6 g	127
Orange (1)	52 mg	.2 g	62
OTHER			
Sardines, canned in oil, with bones (3 oz.)	326 mg	10 g	177
Tofu, firm, with calcium sulfate (1/2 cup)	258 mg	11 g	183
Salmon, canned, with bones (3 oz.)	181 mg	5 g	58
Almonds (1 oz.)	75 mg	15 g	167
Beans, small, white, boiled (1/2 cup)	66 mg	.6 g	127
Beans, baked, canned (1/2 cup)	64 mg	.6 g	118

*The calcium in spinach is not easily absorbed.