



Calcium-Rich Food List

Because calcium is an important part of your bone health, we're providing a list of calcium-rich foods to help with your grocery shopping.

The recommended daily intake is 1,000 mg for men ages 50-70 and 1,200 mg for women over 50 years old and men over 70 years old.

Produce	Serving	Calcium*
Collard Greens, frozen	8 oz	360 mg
Broccoli Rabe	8 oz	200 mg
Kale, frozen	8 oz	180 mg
Soy Beans, green, boiled	8 oz	175 mg
Bok Choy, cooked, boiled	8 oz	160 mg
Figs, dried	2 figs	65 mg
Broccoli, fresh, cooked	8 oz	60 mg
Oranges	1 whole	55 mg
Seafood	Serving	Calcium*
Sardines, canned with bones	3 oz	325 mg
Salmon, canned with bones	3 oz	180 mg
Shrimp, canned	3 oz	125 mg
Fortified Food	Serving	Calcium*
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

Dairy	Serving	Calcium*
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
Other	Serving	Calcium*
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.

Source: Adapted from National Osteoporosis Foundation