

Sources of Calcium

Milk, yogurt, and cheese are rich natural sources of calcium and are the major food contributors of this nutrient to people in the United States [1]. Nondairy sources include vegetables, such as Chinese cabbage, kale, and broccoli. Spinach provides calcium, but its bioavailability is poor. Most grains do not have high amounts of calcium unless they are fortified; however, they contribute calcium to the diet because they contain small amounts of calcium and people consume them frequently. Foods fortified with calcium include many fruit juices and drinks, tofu, and cereals.

Food	Milligrams (mg) per serving	Percent DV*
Yogurt, plain, low fat, 8 ounces	415	42
Orange juice, calcium-fortified, 6 ounces	378	38
Mozzarella, part skim, 1.5 ounces	333	33
Sardines, canned in oil, with bones, 3 ounces	324	32
Cheddar cheese, 1.5 ounces	306	31
Yogurt, fruit, low fat, 8 ounces	313-384	31-38
Milk, nonfat, 8 ounces**	296	30
Milk, reduced-fat (2% milk fat), 8 ounces	296	30
Milk, buttermilk, 8 ounces	280	28
Milk, whole (3.25% milk fat), 8 ounces	272	27
Tofu, firm, made with calcium sulfate, ½ cup***	253	25
Salmon, pink, canned, solids with bone, 3 ounces	181	18
Cottage cheese, 1% milk fat, 1 cup unpacked	138	14
Tofu, soft, made with calcium sulfate, ½ cup***	138	14
Pudding, chocolate, instant, made with 2% milk, ½ cup	127	13
Ready-to-eat cereal, calcium-fortified, 1 cup	100–1,000	10–100
Instant breakfast drink, various flavors and brands, powder prepared with water, 8 ounces	105–250	10–25
Frozen yogurt, vanilla, soft serve, ½ cup	103	10
Turnip greens, boiled, ½ cup	99	10
Kale, cooked, 1 cup	94	9
Kale, raw, 1 cup	90	9
Soy beverage, calcium-fortified, 8 ounces	80–500	8–50
Ice cream, vanilla, ½ cup	84	8
Chinese cabbage, raw, 1 cup	74	7
Tortilla, corn, ready-to-bake/fry, 1 medium	46	5
Tortilla, flour, ready-to-bake/fry, one 6" diameter	39	4
Sour cream, reduced fat, cultured, 2 tablespoons	32	3
Bread, white, 1 ounce	31	3
Broccoli, raw, ½ cup	21	2
Bread, whole-wheat, 1 slice	30	3
Cheese, cream, regular, 1 tablespoon	14	1

Source: Office of Dietary Supplements; NIH; August 31, 2011

Sources of Calcium