

CALCIUM CONTENT IN FOODS (Bioavailable)

Food	serving size	mg Calcium
Almond milk	1 cup	450
McFlurry with Oreo	12 oz	435
Luna bar, nutz over chocolate	1 bar	425
Silk plus soy milk	1 cup	400
Caffe Latte	tall	350
Orange juice with added calcium	1 cup	350
Yogurt	6 oz	338
Milk	1 cup	300
Frozen yogurt, chocolate nonfat	1 cup	300
Tofu, nigari	1/2 cup	253
Parmesan cheese,diced	1/4 cup	250
Cheese	1 oz	250
Soybeans, raw	1/2 cup	250
Stinging nettles, blanched	1/2 cup	214
String cheese	1 oz	200
Collards, chopped	1/2 cup	178
Cereal, fortified with calcium	1 bowl	100
Goldfish crackers	60	100
Bok Choy	1/2 cup	100
Almonds	1/4 cup	96
Kale	1/2 cup	90
Sweet potato, mashed	1 cup	90
Beet greens	1/2 cup	80
Broccoli, chopped	1 cup	60
Ice cream	1/2 cup	60
Kippered snacks	1 can	60
Black beans, raw	1/2 cup	60
Cottage cheese	1/2 cup	60
Figs	2	60
Tortillas	2	53
Swiss chard, boiled	1/2 cup	50
Winter squash, baked	1/2 cup	45
Peas, cooked	1/2 cup	20
Bread	1 slice	20
Potato	1 medium	20
Spinach	1 cup	zero

