

List of Foods with Calcium

For strong bones, children and adults need plenty of foods with calcium and weight-bearing physical activity every day. Here are some great tasting ways to help your daughter get the calcium she needs.

Girls aged 9 to 18 should aim for 1,300 milligrams or 130% of the daily value (DV)* every day.

Calcium content varies depending on ingredients for many foods. That means a food may have a little more or a little less calcium than what is listed on this chart, because different brands may have slightly different ingredients. Check food labels to see how much calcium is in a specific food.

Make sure to choose fat-free or low-fat versions of these foods most often.

| Food | Portion | Calcium Content (in Milligrams) | Calcium Content (in %DV*) |
|--|----------------|--|----------------------------------|
| Plain, fat-free yogurt | 1 cup | 450 | 45 |
| Grilled cheese sandwich** | 1 sandwich | 371 | 40 |
| American cheese | 2 ounces | 348 | 35 |
| Ricotta cheese, part skim | 1/2 cup | 337 | 35 |
| Fruit yogurt | 1 cup | 315 | 30 |
| Cheddar cheese | 1 1/2 ounces | 305 | 30 |
| Milk (fat free or low fat) | 1 cup | 300 | 30 |
| Orange juice with added calcium | 1 cup | 300 | 30 |
| Soy beverage with added calcium | 1 cup | 250–300 | 25–30 |
| Mozzarella cheese, part skim, low moisture | 1 ounce | 207 | 20 |
| Tofu (with calcium sulfate on ingredient list) | 1/2 cup | 204 | 20 |

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| Macaroni and cheese | 1/2 cup | 180 | 20 |
| Collards, boiled, frozen | 1/2 cup | 179 | 20 |
| English muffin, whole wheat | 1 | 175 | 20 |
| Rice beverage, with added calcium | 1 cup | 150–300 | 15–30 |
| Pudding, made with milk — chocolate, vanilla, lemon, banana | 1/2 cup | 147–160 | 15 |
| Cheese pizza | 1 slice | 111–147 | 11–15 |
| Collards, boiled | 1/2 cup | 118 | 10 |
| Frozen yogurt (fat free or low fat) | 1/2 cup | 105 | 10 |
| Broccoli, cooked or fresh | 1 cup | 90 | 10 |
| Kale, boiled | 1/2 cup | 90 | 10 |
| Seeds, sesame seeds, whole, dried | 1 tablespoon | 88 | 10 |
| Ice cream | 1/2 cup | 84 | 8 |
| Bok choy, cooked or fresh | 1/2 cup | 80 | 8 |
| Cottage cheese, 2% fat | 1/2 cup | 78 | 8 |
| Almonds, dry roasted | 1 ounce | 71 | 8 |
| White bread | 2 slices | 70 | 8 |
| Cottage cheese, 1% fat | 1/2 cup | 69 | 6 |

* %DV = % of Daily Value used on food labels. The Daily Value for calcium is 1,000 milligrams (mg). 5% DV or less of a nutrient is low; 20% DV or more is high. Label values are rounded. Visit the [KidsHealth](#) and [FDA](#) Web sites to read more about food labels.

** Using 2 slices of white bread, 1 1/2 ounces cheese, nonstick cooking spray.

Sources: American Dietetic Association's *Complete Food and Nutrition Guide*, by Roberta Larson Duyff, Chronimed Publishing, 1996; *Bowes and Church's Food Values of Portions Commonly Used*, revised by Jean A.T. Pennington, Lippincott-Raven Publishers, 1998; USDA Nutrient Database for Standard Reference (Release 14, 2001); Imagine Foods Rice Dream and Pacific Foods.

Note: The % Daily Value numbers are often rounded. That means the % DV numbers

may not be the exact value. Rounded numbers are easier to work with. Numbers that end in 1 through 4 are generally rounded to the next lower number that ends in 0. For example 74 rounded to the nearest ten would be 70. Numbers that end in a digit of 5 or more are generally rounded up to the next even ten. For instance the number 88 rounded to the nearest ten would be 90.