

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

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.