

Calcium content of foods

Food	Amount	Calcium (mg)*
Dairy		
Milk, sheep's	1 cup	470
Milk, goat's	1 cup	325
Milk, cow's	1 cup	300
Yogurt	1 cup (8 oz)	400
Greek yogurt	½ cup (4 oz)	120
Cheddar cheese	1 oz	200
Parmesan cheese	1 tbsp	45
Ice cream	½ cup	84
Cottage cheese	½ cup	125
Dairy alternatives		
Soy milk, calcium fortified	1 cup	200 to 400
Almond milk, calcium fortified	1 cup	200 to 500
Legumes		
Edamame, cooked	½ cup	50
Garbanzo beans, cooked	½ cup	40
Pinto beans, cooked	½ cup	40
Tofu, firm, calcium-set	4 oz	300 to 780
Tofu, regular	4 oz	90 to 170
White beans	½ cup	90
Vegetables		
Arugula, raw	1 cup	30
Bok choy, cooked	½ cup	80
Broccoli, raw	1 cup	45
Broccoli, cooked	½ cup	30
Chard, cooked	½ cup	50
Kale, raw	1 cup	25
Kale, cooked	½ cup	50
Spinach, raw	1 cup	30
Spinach, cooked	½ cup	120
Fruits		
Figs, raw	Two medium	35
Figs, dried	½ cup	120
Kiwi, raw	½ cup	30
Orange juice, calcium fortified	4 oz	175
Orange juice, regular	4 oz	15
Nuts		

Almonds, roasted	1 oz	80
Brazil nuts	1 oz	45
Chia seeds, dried	1 oz	180
Sesame seeds, whole toasted	1 oz	280

mg: milligrams; tbsp: tablespoons; oz: ounces.

* Adult women (pregnant, lactating, and nonpregnant) require 1000 mg calcium/day. Note that absorption of calcium is best when it is consumed at amounts equal to or less than 500 mg at a time.

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