

## CALCIUM CONTENTS OF SELECTED FOODS

<u>FOOD</u>	<u>SERVING SIZE</u>	<u>CALCIUM (mg)</u>	<u>FAT (g)</u>
<b>200 mg or more of calcium per serving:</b>			
Milk			
Whole	1 cup	291	8
2% low-fat	1 cup	300	5
1% low-fat	1 cup	297	3
Skim	1 cup	302	0.5
Buttermilk	1 cup	285	2
Cheese			
Ricotta, part skim	1/2 cup	337	10
Swiss	1 oz	272	8
Cheddar	1 oz	204	10
Edam	1 oz	207	8
Monterey	1 oz	212	9
Cheese Pizza	1/4 of 14" pie	332	10
Macaroni and cheese, homemade	1 cup	362	22
Yogurt (low-fat)			
Plain	1 cup	415	3
Flavored	1 cup	389	3
Fruit	1 cup	314	3
Sardines with bones	4 (3" each)	184	5
Rhubarb cooked with sugar	1 cup	348	0.2
Lasagna with meat	1 (3" square)	460	17
Black-eyed peas cooked, fresh	1 cup	211	1
Black strap molasses	1 Tablespoon	172	0
Pudding from mix, with 2% milk	1 cup	266	4
<b>100 - 200 mg of calcium per serving:</b>			
Cheese			
Blue	1 oz	150	8
Colby	1 oz	194	9
Mozzarella, part skim	1 oz	183	5
American Process	1 oz	174	9
Cheese Food, American process	1 oz	163	6
Macaroni and cheese from mix	1/2 cup	181	17
Cheesecake from mix	1 piece	170	13
Ice cream, soft serve	1/2 cup	137	2
Collards*	1/2 cup	179	0.3
Turnip greens*	1/2 cup	126	0.3
Spinach*	1/2 cup	122	0.2
Oatmeal, instant	1/2 cup	163	2
Blue crab, cooked, unpicked	1 cup	140	3
Cream chicken Soup with milk	1 cup	180	12
Bean burrito with cheese	1 each	181	6
Frozen yogurt (vanilla or fruit)	small cone	112	6
Almonds	1/2 cup	152	26

<u>FOOD</u>	<u>SERVING SIZE</u>	<u>CALCIUM</u>	<u>FAT</u>
<b>50 - 100 mg of calcium per serving:</b>			
Cottage cheese			
Creamed	1/2 cup	63	5
2% low-fat	1/4 cup	77	1
Ice cream	1/2 cup	88	12
Beans, dried, cooked	1 cup	90	0.6
Chili con carne with beans	1/2 cup	79	0.3
Mustard greens*	1/2 cup	97	0.2
Oysters	3 oz (6 medium)	38	steamed 2 fried 10
Egg salad sandwich	1 each	95	26
Cornbread made with milk	2" square	94	5
Carrots	1/2 cup	37	0.1
Cabbage	1/2 cup	49	0.2
Prunes	8 large	90	0.4
Tangerine	1 large	40	0.2
Walnuts	1/2 cup	60	
Peanuts	1/2 cup	54	
Pecans	1/2 cup	43	

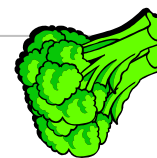
Adapted from NCDA, Inc. 1994.

Source: U.S. Department of Agricultural Research Service. Nutritive Value of Foods. Washington, DC, 1981.

Updated: East Carolina Family Practice Center, 7/2004.

RL 10.8

- Dark leafy greens, except broccoli, also contain large amounts of oxalic acid which binds the calcium and renders it unabsorbable. Research shows oxalate in greens probably does not interfere with absorption of calcium from other foods eaten at the same meal.



### Calcium Requirements

Age	Calcium (milligrams)	Age	Calcium (milligrams)
0-6 months	210	14-18 years	1,300 mg
6-12 months	270	19-30 years	1,000 mg
1-3 years	500	31-50 years	1,000 mg
4-8 years	800	51-70 years	1,200 mg
9-13 years	1,300	70 Years	1,200 mg

Upper Tolerable Limit is 2,500 mg

Source: Institute of Medicine, 2001.

Pregnancy 1,000 mg