

Foods and drinks with calcium

| Food | Calcium in milligrams |
|---|---|
| Milk (skim, 2%, or whole; 8 oz [240 mL]) | 300 |
| Yogurt (6 oz [168 g]) | 250 |
| Orange juice (with calcium; 8 oz [240 mL]) | 300 |
| Tofu with calcium (0.5 cup [113 g]) | 435 |
| Cheese (1 oz [28 g]) | 195 to 335 (hard cheese = higher calcium) |
| Cottage cheese (0.5 cup [113 g]) | 130 |
| Ice cream or frozen yogurt (0.5 cup [113 g]) | 100 |
| Fortified non-dairy milks (soy, oat, almond; 8 oz [240 mL]) | 300 to 450 |
| Beans (0.5 cup cooked [113 g]) | 60 to 80 |
| Dark, leafy green vegetables (0.5 cup cooked [113 g]) | 50 to 135 |
| Almonds (24 whole) | 70 |
| Orange (1 medium) | 60 |

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