

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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