



CALCIUM CONTAINING FOODS

Healthy adults between the ages of 19-50 need 1000 mg/day

People over 50 (especially post-menopausal women) need 1200 mg/day

High Calcium Containing Foods: About 300 mg Calcium/serving

1 cup milk

1 cup yogurt or kefir

1 cup calcium-fortified soy or rice milk

1 cup calcium-fortified orange juice

1.5 oz. low fat cheese (natural cheeses like cheddar, mozzarella, and Swiss)

3 oz. canned sardines in oil (with bones)

Note- 1 cup nut milks may have up to 450 mg per cup. LACTAID milk = 500 mg

Other Calcium Containing Foods

1 cup of edamame or tofu – 98 mg – 334 mg

1 cup sautéed greens (kale, turnip, mustard greens) – 94 mg – 197 mg

½ cup black-eyed peas – 185 mg

1 cup white beans – 161 mg

1 tablespoon sesame seeds – 140 mg

1 cup baked butternut squash – 84 mg

1 oz. almonds (24 nuts) – 76 mg

1 large orange – 74 mg

1 large sweet potato – 68 mg

1 cup cooked broccoli – 62 mg

15 baby carrots – 48 mg