

Food Choices For Increasing the Calcium in Your Diet

Food Group	Best Choice [Choose Lower Fat Options More Often]	Calcium(mg)	Serving Size
Milk and Milk Products (2-3 servings each day)	Cheese:		
	• Cheese [i.e cheddar, mozzarella]	390	2 oz (50 g)
	• Cottage Cheese	70	4 oz (113g)
	Yogurt: plain, low fat	320	3/4 c (175 mL)
	fruit flavoured	250	3/4 cup (175 mL)
	Fluid Milk	300	1 cup (250 mL)
	Skim Milk Powder	280	3 tbsp (45 mL)
	Calcium fortified soy beverage*	320-370	1 cup (250 mL)
Breads and Cereals (5-12 servings each day)	Macaroni and cheese, baked	165	1 cup (250 mL)
	Cheese pizza	115	1/8 of 30 cm (12") pizza
Meat, Fish, Poultry and Alternates (2-3 servings each day)	Sardines, canned, with bones	275	6 medium
	White (navy) beans, canned	190	1 cup (250 mL)
	Salmon, canned including edible bones	180	1/2 cup (125 mL)
	Calcium-Set Tofu [Firm]	545	1/3 cup (80 g)
	Cooked Soy Beans	150	1/2 cup (125 mL)
	Baked beans	155	1 cup (250 mL)
	Almonds, dried	150	1/2 cup (60 mL)
Brazil Nuts	100	1/2 cup (60 mL)	
Fruits and Vegetables (5-10 servings each day)	Calcium fortified orange juice	310 -345	1 cup (250 mL)
	Dried figs	80	3
	Bok choy, boiled	80	1/2 cup (125 mL)
	Orange	50	1 medium
	Broccoli	50	1 cup
	Kale	95	1 cup cooked
Desserts and Sweets	Frozen yogurt	250	3/4 cup (175 mL)
	Puddings made with milk	155	1/2 cup (125 mL)
	Milk chocolate bar	95	50 g
Other Foods	Blackstrap molasses	180	1 tbsp (15 mL)

* The absorption of calcium from soy-fortified beverages varies by commercial product and may be less than that of cow's milk.

This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.



Daily Calcium Needs

Age	Calcium mg/d
1-3 years	500
4-8 years	800
9-18 years	1300
19-50 years	1000
51-70+ years	1200
Individuals at risk for or with osteoporosis	1500
Pregnancy & Lactation <18 yr	1300
Pregnancy & Lactation 19-50 yr	1000

Notes



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