

## Dietary Sources of Calcium

Milk and other dairy products are the richest sources of calcium. Milk is an optimal calcium source because it is also fortified with vitamin D and also provides phosphate or sodium in amounts which favor calcium retention. Calcium-fortified orange juice, tofu and other soybean products, dried beans (pinto, navy, black, red, white), collard or mustard greens, and nuts are good non-dairy sources of dietary calcium. See table below for a detailed listing of dietary calcium sources.

<b>Daily Calcium Requirements in Pregnancy</b>	
<18 years old	1300
19-30 years old	1000
31-50 years old	1000
<b>Daily Calcium Requirements during Lactation</b>	
<18 years old	1300
19-30 years old	1000
31-50 years old	1000

<b>Dietary Sources of Calcium</b>	
<b>FOOD</b>	<b>Calcium (mg)</b>
Yogurt, low fat, with fruit, 1 cup	448
Salmon, canned, with bones, 3 oz.	380
Molasses, blackstrap, 2 TBSP.	350
Milk, skim, 1 cup	300
Ice Milk, soft serve, 1, cup	274
Cheese, Swiss, 1 oz	272
Yogurt, frozen, 1 cup	240
Sardines, 3.5 oz with bones	240
Cheese, cheddar, 1 oz	204
Ice cream, vanilla, 1 cup	176
Rhubarb, cooked, 1/2 cup	174
Cheese, cottage, 2% fat, 1 cup	155
Spinach, frozen, cooked, 1/2 cup	140
Tofu, regular, 1/2 cup	130
Soynuts, 1/2 cup	119
Collard greens, 1/2 cup	100
Almonds, 1/2 cup	92
Ice cream, vanilla, regular, 1/2 cup	85
Navy or baked beans, 1/2 cup	64
Mustard greens, 1/2 cup	51
Orange, 1 medium	52
Okra, 1/2 cup	50
Halibut, baked, 3 oz	51
Kale, fresh, cooked, 1/2 cup	47
Broccoli, cooked from fresh, 1/2 cup	42