

# Which Foods Have Calcium?

## **300 mg per serving**

- 1 cup milk
- 1 cup yogurt
- 1 cup calcium fortified beverage
- 1.5 oz. cheese

## **200 mg per serving**

- 3 oz. canned salmon
- 3 oz. sardines
- 1 cup calcium fortified cereal

## **150 mg**

- 1 cup cottage cheese
- ½ cup tofu made with calcium
- 1 slice fortified bread

## **100 mg**

- ½ cup frozen yogurt or ice cream
- ¼ cup almonds
- ½ cup cooked greens

## **50 mg**

- 1 medium orange
- ½ cup cooked broccoli
- ½ cup canned white beans

Beth McDonnell, MS, RD, LDN

[mcdonnellbeth@gmail.com](mailto:mcdonnellbeth@gmail.com)

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