

Food Sources of Calcium

Information About Calcium

- Calcium is a mineral that helps you build and maintain strong bones and teeth.
- Good calcium intake throughout your life can help to prevent osteoporosis. When you have osteoporosis your bones are weak and thin from a loss of calcium. Weak bones can break more easily than strong bones.
- Calcium is also used in other parts of your body. It helps your muscles work and your heart beat.

How Much Calcium Should I Aim For?

Age in years	Aim for an intake of * milligrams (mg)/day	Stay below* mg/day
Men and Women 19-50	1000	2500
Men and Women 51 and older	1200	2500
Pregnant Women 19 and older	1000	2500
Breastfeeding Women 19 and older	1000	2500

*This includes sources of calcium from food and supplements.

Calcium Content of Some Common Foods

Milk and milk alternatives are excellent sources of calcium. If you do not include milk or milk alternatives in your diet, there are other foods which contain calcium as well. This table will show you which foods are a source of calcium.

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Food	Serving Size	Calcium (mg)
Vegetables and Fruit		
<i>Vegetables</i>		
Collards, frozen, cooked	125 mL (½ cup)	189
Spinach, frozen, cooked	125 mL (½ cup)	154
Collards, cooked	125 mL (½ cup)	141
Turnip greens, frozen, cooked	125 mL (½ cup)	132
Spinach, cooked	125 mL (½ cup)	129
Turnip greens, cooked	125 mL (½ cup)	104
Kale, frozen, cooked	125 mL (½ cup)	95
<i>Fruit</i>		
Orange juice, fortified with calcium	125 mL (½ cup)	185
Grain Products	This food group contains very little of this nutrient.	
Milk and Alternatives		
<i>Milk and Milk Alternatives</i>		
Buttermilk	250 mL (1 cup)	370
Goat's milk, fortified	250 mL (1 cup)	345
3.3% homo, 2%, 1%, skim, chocolate milk	250 mL (1 cup)	291-324
Soy or rice beverage, fortified with calcium	250 mL (1 cup)	319
Dry powdered milk	24 g (4 Tbsp) of powder will make 250mL of milk	302
<i>Cheese</i>		
Gruyere, swiss, goat, low fat cheddar, low	50 g (1½ oz)	396-506

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fat mozzarella		
Processed cheese slices (swiss, cheddar)	50 g (1½ oz)	276-386
Cheddar, colby, edam, gouda, mozzarella, blue	50 g (1½ oz)	264-366
Ricotta cheese	125 mL (½ cup)	269-356
Cottage cheese	250 mL (1 cup)	146-165
<i>Miscellaneous</i>		
Yogurt, plain	175 g (¾ cup)	282-320
Yogurt, fruit bottom	175 g (¾ cup)	214-281
Yogurt beverage	200 mL	220
Yogurt, soy	175 g (¾ cup)	206
Kefir	175 g (¾ cup)	187
Ice cream	125 mL (½ cup)	97
Meat and Alternatives		
<i>Fish and Seafood</i>		
Sardines, Atlantic, canned in oil, with bones	75 g (2 ½ oz)	286
Salmon (pink/humpback, red/sockeye), canned, with bones	75 g (2 ½ oz)	171-208
Caviar, black and red	75 g (2 ½ oz)	206
Mackerel, canned	75 g (2 ½ oz)	181
Sardines, Pacific, canned in tomato sauce, with bones	75 g (2 ½ oz)	180
Anchovies, canned	75 g (2 ½ oz)	174
<i>Meat Alternatives</i>		
Tofu, prepared with calcium sulfate	150 g (¾ cup)	234-347
Tahini/sesame seed butter	30 mL (2 Tbsp)	130

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Beans (white, navy), canned or cooked	175 mL (¾ cup)	93-141
Baked beans, canned	175 mL (¾ cup)	89-105
Almonds, dry roasted, unblanched	60 mL (¼ cup)	93
Other		
Blackstrap molasses	15 mL (1 Tbsp)	179

Source: "Canadian Nutrient File" www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php [Accessed January 13, 2009] and USDA Nutrient File www.nal.usda.gov/fnic/etext/000020.html [Accessed January 10, 2009]



Notes

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To find answers to your questions ...

- Visit the EatRight Ontario website at www.Ontario.ca/EatRight.
- Call and speak to a Registered Dietitian, toll-free in Ontario at 1-877-510-510-2, 9 am to 5 pm ET Monday to Friday; Evening hours Tuesday and Thursday to 9 pm ET.

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