



Diabetes & Endocrine
Specialists

Darius A. Schneider MD, PhD
Diplomate in Endocrinology and Metabolism

Calcium content of some foods

Dairy and Soy	Amount	Calcium (mg)
Milk (skim, low fat, whole)	1 cup	300
Buttermilk	1 cup	300
Cottage Cheese	0.5 cup	65
Ice Cream or Ice Milk	0.5 cup	100
Sour Cream, cultured	1 cup	250
Soy Milk, calcium fortified	1 cup	200 to 400
Yogurt	1 cup	450
Yogurt drink	12 oz	300
Carnation Instant Breakfast	1 packet	250
Hot Cocoa, calcium fortified	1 packet	320
Nonfat dry milk powder	5 Tbsp	300
Brie Cheese	1 oz	50
Hard Cheese (cheddar, jack)	1 oz	200
Mozzarella	1 oz	200
Parmesan Cheese	1 Tbsp	70
Swiss or Gruyere	1 oz	270



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Vegetables

Acorn squash, cooked	1 cup	90
Arugula, raw	1 cup	125
Bok Choy, raw	1 cup	40
Broccoli, cooked	1 cup	180
Chard or Okra, cooked	1 cup	100
Chicory (curly endive), raw	1 cup	40
Collard greens	1 cup	50
Corn, brine packed	1 cup	10
Dandelion greens, raw	1 cup	80
Kale, raw	1 cup	55
Kelp or Kombe	1 cup	60
Mustard greens	1 cup	40
Spinach, cooked	1 cup	240
Turnip greens, raw	1 cup	80

Fruits

Figs, dried, uncooked	1 cup	300
Kiwi, raw	1 cup	50
Orange juice, calcium fortified	8 oz	300
Orange juice, from concentrate	1 cup	20



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Legumes

Garbanzo Beans, cooked	1 cup	80
Legumes, general, cooked	0.5 cup	15 to 50
Pinto Beans, cooked	1 cup	75
Soybeans, boiled	0.5 cup	100
Temphe	0.5 cup	75
Tofu, firm, calcium set	4 oz	250 to 750
Tofu, soft regular	4 oz	120 to 390
White Beans, cooked	0.5 cup	70

Grains

Cereals (calcium fortified)	0.5 to 1 cup	250 to 1000
Amaranth, cooked	0.5 cup	135
Bread, calcium fortified	1 slice	150 to 200
Brown rice, long grain, raw	1 cup	50
Oatmeal, instant	1 package	100 to 150
Tortillas, corn	2	85



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Nuts and Seeds

Almonds, toasted unblanched	1 oz.	80
Sesame seeds, whole roasted	1 oz.	280
Sesame tahini	1 oz. (2 Tbsp)	130
Sunflower seeds, dried	1 oz.	50

Fish

Mackerel, canned	3 oz.	250
Salmon, canned, with bones	3 oz.	170 to 210
Sardines	3 oz.	370

Other

Molasses, blackstrap	1 Tbsp	135
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* When range is given, calcium content varies by product.

* The calcium content of plant foods is varied. Most vegetables, legumes, nuts, seeds, and dried fruit contain some calcium. Listed are selected significant sources of well-absorbed calcium.

References:

- USDA database, Handbook 8 palm program
- Bowes and Church