

# Calcium Food Sources

(Your Daily Goal is 1200-1500mg)

---

<b>Dairy</b>	<b>Calcium</b>	<b>Fat</b>	<b>Calories</b>
	452mg	4g	127
Yogurt, Plain Nonfat (1 Cup)			
Yogurt, Plain Lowfat (1 Cup)	415mg	4g	144
Milk, Skim (1 Cup)	320mg	4g	86
Milk, 1% Lowfat (1 Cup)	300mg	3g	102
Milk, Whole	291mg	8g	150
Buttermilk, (1 Cup)	285mg	2g	99
Cheese, Swiss (1oz)	275mg	8g	108
Cheese, Cheddar (1oz)	207mg	10g	115
Cheese, Skim Milk Mozzarella (1oz)	185mg	5g	73
Cheese, American (1oz)	176mg	9g	107
Cheese, Parmesan (1Tbs)	86mg	2g	29
 <b>Vegetables</b>			
	122mg	0.2g	21
Spinach, Fresh Steamed (1/2 Cup)			
Turnip Greens, Fresh Steamed (1/2 Cup)	99mg	0.2g	15
Broccoli, Fresh Steamed (1/2 Cup)	89mg	0.2g	23
 <b>Fruit</b>			
	72mg	0.6g	127
Figs, Dried (1/4 Cup)			
Orange (1 small)	52mg	0.2g	62
Calcium Fortified Orange Juice (8 oz)	300mg		
 <b>Other</b>			
	326mg	10g	177
Sardines, Canned in Oil (3 oz)			
Tofu, Firm, with calcium sulfate (1/2 Cup)	258mg	11g	183
Salmon, Canned (3 oz)	101mg	5g	58
Almonds (1oz)	75mg	15g	167
Beans, small, white (1/2 Cup)	66mg	0.6g	118
Beans, Baked (1/2 Cup)	64mg	0.6g	118

If you are a registered Millersville University student and you have questions or you need to make an appointment, please call Millersville University Health Services at 871-5250.