

Harvard University Health Services



Calcium Content of Common Foods in Common Portions

Food	Serving Size	Calcium (mg)	Calories
<u>Dairy Products</u>			
Milk, 1% Lowfat	8 oz.	300	102
Milk, 2% Lowfat	8 oz.	297	121
Milk, Skim	8 oz.	302	86
Milk, Whole	8 oz.	291	150
Yogurt, plain (whole milk)	8 oz.	274	139
Yogurt, plain (lowfat)	8 oz.	400	130
Yogurt, flavored (lowfat)	8 oz.	300-400 *	200-250 *
Yogurt, frozen (lowfat)	4 oz.	105	115
American Cheese	1 oz.	150	110
Cheddar Cheese	1 oz.	204	114
Cottage Cheese 1% lowfat	½ cup	69	82
Cream Cheese	1 oz. / 2 tbsp.	23	99
Feta cheese	1 oz.	140	75
Gouda/Muenster/Provolone	1 oz.	200	100
Mozzarella Cheese	1 oz.	147	80
Mozzarella Cheese, part skim	1 oz.	183	72
Parmesan cheese, grated	2 tbsp.	138	46
Pizza Cheese	¼ cup	150	100
Ricotta, whole milk	½ cup	257	216
Ricotta, part skim	½ cup	337	171
String Cheese	1 oz. stick	150	80
Swiss Cheese	1 oz.	272	107
<u>Vegetables</u>			
Artichoke, boiled	1 medium	135	150
Broccoli, chopped	½ cup	47	26
Chinese cabbage (pak-choi), boiled	½ cup	79	10
Collards, boiled	½ cup	110	21
Kale, chopped, boiled	½ cup	45	21
Mustard greens, boiled	½ cup	52	11
Okra, boiled	½ cup	77	30
Parsnips, boiled	½ cup	29	63
Peas, boiled	½ cup	20	62
Squash, acorn or butternut, baked	½ cup	45	50
Sweet potato, baked	½ cup	32	90
Turnip greens, boiled	½ cup	99	14

* Varies by brand.

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<u>Legumes</u>			
Black beans, boiled	½ cup	23	113
Chick Peas, canned	½ cup	38	142
Hummus	½ cup	62	210
Kidney beans, canned	½ cup	34	103
Lentils, boiled	½ cup	29	115
Lima beans, baby, boiled	½ cup	25	95
Navy beans, canned	½ cup	61	148
Pinto beans, canned	½ cup	51	117
<u>Fruits</u>			
Figs, fresh	2 medium	36	74
Kiwifruit	1 medium	20	46
Orange	1 fresh	52	60
Orange juice	8 oz.	22	112
Orange juice (<i>calcium fortified</i>)	8 oz.	300	112
Papaya, fresh	½ medium	36	60
Raspberries, fresh	1 cup	27	60
<u>Nuts and Seeds</u>			
Almonds, dried	½ oz. (12)	37	82
Almond butter	1 tbsp.	43	101
Sesame butter, roasted (tahini)	1 tbsp.	64	89
Sesame seeds, whole, dried	1 tbsp.	88	52
Soybean nuts, roasted	½ oz.	20	68
<u>Fish and Shellfish</u>			
Cod, Atlantic	3 oz.	13	89
Crab, cooked	3 oz.	50	82
Haddock	3 oz.	28	95
Sardines, with bones, canned	4	242	100
Trout, rainbow	3 oz.	75	135
Tuna, light, canned in water	3 oz.	10	99
<u>Other Foods:</u>			
Molasses, blackstrap	1 tbsp.	172	47
Tofu, firm uncooked**	½ cup	258	183
Tofu, regular uncooked**	½ cup	130	94
Tempeh, steamed	½ cup	77	165
Soymilk, calcium-fortified	8 oz.	150-300 *	108-130 *

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**Calcium added in processing.

Sources: Bowes and Church's *Food Values of Portions Commonly Used*, USDA Nutrient DataBank