

## Food Choices For Increasing the Calcium in Your Diet

Food Group	Best Choice [Choose Lower Fat Options More Often]	Calcium (mg)	Serving Size
<b>Milk and Milk Products</b> (2-3 servings each day)	Cheese:		
	Cheese [i.e cheddar, mozzarella]	390	2 oz (50 g)
	Cottage Cheese	70	4 oz (113g)
	Yogurt: plain, low fat	320	$\frac{3}{4}$ c (175 mL)
	fruit flavoured	250	$\frac{3}{4}$ cup (175 mL)
	Fluid Milk	300	1 cup (250 mL)
	Skim Milk Powder	280	3 tbsp (45 mL)
	Calcium fortified soy beverage*	320-370	1 cup (250 mL)
<b>Breads and Cereals</b> (5-12 servings each day)	Macaroni and cheese, baked	165	1 cup (250 mL)
	Cheese pizza	115	$\frac{1}{8}$ or 30 cm (12") pizza
<b>Meat, Fish, Poultry and Alternates</b> (2-3 servings each day)	Sardines, canned, with bones	275	6 medium
	White (navy) beans, canned	190	1 cup (250 mL)
	Salmon, canned including edible bones	180	$\frac{1}{2}$ cup (125 mL)
	Calcium-Set Tofu [Firm]	545	$\frac{1}{3}$ cup (80 g)
	Cooked Soy Beans	150	$\frac{1}{2}$ cup (125 mL)
	Baked beans	155	1 cup (250 mL)
	Almonds, dried	150	$\frac{1}{4}$ cup (60 mL)
	Brazil Nuts	100	$\frac{1}{4}$ cup (60 mL)
<b>Fruits and Vegetables</b> (5-10 servings each day)	Calcium fortified orange juice	310 -345	1 cup (250 mL)
	Dried figs	80	3
	Bok choy, boiled	80	$\frac{1}{2}$ cup (125 mL)
	Orange	50	1 medium
	Broccoli	50	1 cup
	Kale	95	1 cup cooked

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Food Group	Best Choice [Choose Lower Fat Options More Often]	Calcium (mg)	Serving Size
<b>Desserts and Sweets</b>	Frozen yogurt	250	¾ cup (175 mL)
	Puddings made with milk	155	½ cup (125 mL)
	Milk chocolate bar	95	50 g
<b>Other Foods</b>	Blackstrap molasses	180	1 tbsp (15 mL)

\* The absorption of calcium from soy-fortified beverages varies by commercial product and may be less than that of cow's milk.

## Daily Calcium Needs

Age	Calcium mg/d
1-3 years	500
4-8 years	800
9-18 years	1300
19-50 years	1000
51-70+ years	1200
Individuals at risk for or with osteoporosis	1500
Pregnancy & Lactation <18 yr	1300
Pregnancy & Lactation 19-50 yr	1000

## Notes




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