

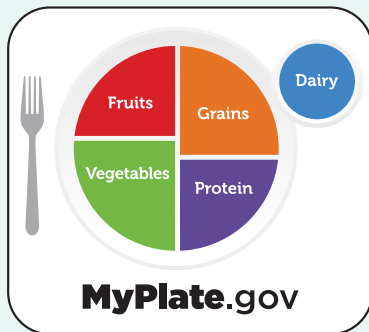
Food Sources of Calcium

Getting enough calcium is important for strong bones and overall health. Eating a variety of nutrient-dense foods from all food groups can help you meet your needs.



Did you know that you can get calcium from many different food groups?

Here are a few examples:



Low-fat or fat-free milk, yogurt, or kefir, including lactose-free versions and fortified soy milk and yogurt



Vegetables such as nettles, collard greens, nopales, bok choy, and kale



Tofu, canned sardines, and canned salmon with bones



Fortified 100% grapefruit or orange juice

Looking for more sources of calcium to enjoy?

Use this list to identify foods and drinks that fit your culture and lifestyle. By making shifts toward a healthy eating routine, you can meet your food group and calcium needs.

Nutrient-dense Food and Beverage Sources of Calcium

FOOD	SMALLER PORTION	CALCIUM (mg)	PLAN TO TRY	MY FAVORITES
Dairy and Fortified Soy Alternatives				
Yogurt, plain, nonfat	4 ounces	244		
Yogurt, plain, low fat	4 ounces	224		
Kefir, plain, low fat	1/2 cup	159		
Milk, low fat (1%)	1/2 cup	153		
Soy beverage (soy milk), unsweetened	1/2 cup	151		
Yogurt, soy, plain	4 ounces	150		
Milk, fat-free (skim)	1/2 cup	149		
Buttermilk, low fat	1/2 cup	142		
Yogurt, Greek, plain, low fat	4 ounces	131		
Yogurt, Greek, plain, nonfat	4 ounces	125		
Cheese, reduced-, low-, or fat-free (various)	1/2 ounce	~40-160		

FOOD	SMALLER PORTION	CALCIUM (mg)	PLAN TO TRY	MY FAVORITES
Vegetables				
Lambsquarters, cooked	1/2 cup	232		
Nettles, cooked	1/2 cup	214		
Mustard spinach, cooked	1/2 cup	142		
Amaranth leaves, cooked	1/2 cup	138		
Collard greens, cooked	1/2 cup	134		
Spinach, cooked	1/2 cup	123		
Nopales, cooked	1/2 cup	122		
Taro root (dasheen or yautia), cooked	1/2 cup	102		
Turnip greens, cooked	1/2 cup	99		
Bok choy, cooked	1/2 cup	93		
Jute, cooked	1/2 cup	92		
Kale, cooked	1/2 cup	89		
Mustard greens, cooked	1/2 cup	83		
Beet greens, cooked	1/2 cup	82		
Pak choy, cooked	1/2 cup	79		
Dandelion greens, cooked	1/2 cup	74		
Protein Foods				
Tofu, raw, regular, prepared with calcium sulfate	1/4 cup	217		
Sardines, canned	1 ounce	108		
Salmon, canned, solids with bone	1 ounce	60		
Tahini (sesame butter or paste)	1 teaspoon	51		
Fruits				
Grapefruit juice, 100%, fortified	1/2 cup	175		
Orange juice, 100%, fortified	1/2 cup	175		
Other Sources				
Almond beverage (almond milk), unsweetened, fortified	1/2 cup	221		
Rice beverage (rice milk), unsweetened, fortified	1/2 cup	142		

Notes:

All foods listed are assumed to be in nutrient-dense forms: lean or low-fat and prepared with minimal or no added sugars, saturated fat, and sodium.

Some fortified foods and beverages are included. Other fortified options may exist on the market, but not all fortified foods are nutrient-dense. For example, some foods with added sugars may be fortified and would not be examples in the lists provided here.

Some foods or beverages are not appropriate for all ages, particularly young children for whom some foods could be a choking hazard.

Portions listed are not necessarily recommended serving sizes.

Seafood varieties include "Best Choices" from the FDA/EPA joint "Advice About Eating Fish" available at [FDA.gov/fishadvice](https://www.fda.gov/fishadvice).

Data Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [fdc.nal.usda.gov](https://www.fdc.nal.usda.gov).

Want to learn more about what and how much to eat?
 The **MyPlate Plan** can help you find your personalized food group goals.
 To get started, visit <https://www.myplate.gov/myplate-plan>.



August 2024

USDA is an equal opportunity provider, employer, and lender.