

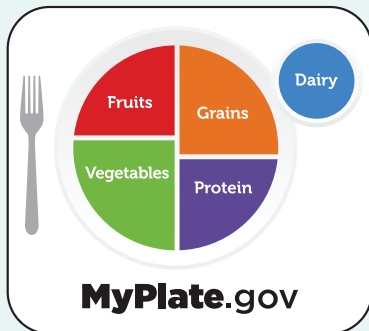
# Food Sources of Calcium

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	STANDARD PORTION	CALCIUM (mg)	PLAN TO TRY	MY FAVORITES
<b>Dairy and Fortified Soy Alternatives</b>				
Yogurt, plain, nonfat	8 ounces	488		
Yogurt, plain, low fat	8 ounces	448		
Kefir, plain, low fat	1 cup	317		
Milk, low fat (1%)	1 cup	305		
Soy beverage (soy milk), unsweetened	1 cup	301		
Yogurt, soy, plain	8 ounces	300		
Milk, fat-free (skim)	1 cup	298		
Buttermilk, low fat	1 cup	284		
Yogurt, Greek, plain, low fat	8 ounces	261		
Yogurt, Greek, plain, nonfat	8 ounces	250		
Cheese, reduced-, low-, or fat-free (various)	1 1/2 ounces	~115-485		

FOOD	STANDARD PORTION	CALCIUM (mg)	PLAN TO TRY	MY FAVORITES
<b>Vegetables</b>				
Lambsquarters, cooked	1 cup	464		
Nettles, cooked	1 cup	428		
Mustard spinach, cooked	1 cup	284		
Amaranth leaves, cooked	1 cup	276		
Collard greens, cooked	1 cup	268		
Spinach, cooked	1 cup	245		
Nopales, cooked	1 cup	244		
Taro root (dasheen or yautia), cooked	1 cup	204		
Turnip greens, cooked	1 cup	197		
Bok choy, cooked	1 cup	185		
Jute, cooked	1 cup	184		
Kale, cooked	1 cup	177		
Mustard greens, cooked	1 cup	165		
Beet greens, cooked	1 cup	164		
Pak choy, cooked	1 cup	158		
Dandelion greens, cooked	1 cup	147		
<b>Protein Foods</b>				
Tofu, raw, regular, prepared with calcium sulfate	1/2 cup	434		
Sardines, canned	3 ounces	325		
Salmon, canned, solids with bone	3 ounces	181		
Tahini (sesame butter or paste)	1 tablespoon	154		
<b>Fruits</b>				
Grapefruit juice, 100%, fortified	1 cup	350		
Orange juice, 100%, fortified	1 cup	349		
<b>Other Sources</b>				
Almond beverage (almond milk), unsweetened, fortified	1 cup	442		
Rice beverage (rice milk), unsweetened, fortified	1 cup	283		

**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.

This list includes "standard" portions, which provide at least 130 mg calcium. 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://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

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