

Calcium - It's Not Just in Milk Anymore

Take a walk down some new aisles at the grocery store to find foods with calcium.

Best Sources of Calcium

Dairy foods such as milk, cheese and yogurt are the best sources of calcium. Why? These foods contain a lot of calcium. Milk is high in Vitamin D and lactose, the sugar in milk. Both help our body absorb calcium.

Use the Nutrition Facts Label to Find Good Sources of Calcium

The % Daily Value on the Nutrition Facts label tells you if a food is a good source of calcium. A number from 0 - 9% is not a good source, 10 - 19% is a good source and 20% or more is an excellent source.

More Calcium Added to Some Dairy Products

Here are some examples of dairy foods that have even more calcium added to them:

- Look for "**calcium enriched**" on the label. Examples are calcium-enriched cottage cheese and milk. These are excellent sources of calcium.
- Look for **35% calcium** on the Nutrition Facts label. An example is Dannon Light[®] yogurt which also says, "**calcium 35% Daily Value**" on the front of the package - an excellent source of calcium.
- Look for "**more calcium than a glass of milk.**" This means that extra calcium has been added. An example is Dreyer's Fat-Free Frozen Yogurt[®] with 45% calcium on the Nutrition Facts label - an excellent calcium source.

Calcium Added to Other Foods

If you have lactose intolerance or you are a vegetarian that doesn't eat animal foods, here are some additional foods you can choose with calcium added to them:

- Look for "**calcium enriched**" or "**calcium-rich**" on the label. Some foods with added calcium are orange juice and hot cocoa mix made with water.
- Look for **calcium fortified** soymilk.
- Choose other foods that contain calcium like tofu made with calcium (look on the ingredient label for **calcium sulfate**) or a fortified cereal like Total.[®]

Other Foods With Calcium In Them

Other foods that contain some calcium include certain types of soy burgers, corn tortillas, baked beans, bok choy, kale, broccoli, almonds and hazelnuts. Fish with bones like sardines and salmon are good sources of calcium.

Brand names do not imply endorsement.

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