

Calcium-Rich Foods			
Food Item	Serving Size	Calcium (mg)	Calories
<b>Milk</b>			
Whole	8 oz.	291	150
Skim	8 oz.	302	85
Calcium Enriched Fruit Juices	8 oz.	150-300	varies
<b>Yogurt</b>			
Plain, low-fat	8 oz.	415	145
Fruit, low-fat	8 oz.	343	230
Frozen, fruit	8 oz.	240	223
Frozen, chocolate	8 oz.	160	220
<b>Cheese</b>			
Mozzarella, part skim	1 oz.	207	80
Muenster	1 oz.	203	105
Cheddar	1 oz.	204	115
Ricotta, part skim	4 oz.	335	190
Cottage, low-fat (2%)	4 oz.	78	103
<b>Ice Cream, Vanilla (11% fat)</b>			
Hard	1 cup	176	270
Soft serve	1 cup	236	375
<b>Fish and Shellfish</b>			
Sardines, canned in oil, drained, including bones	3 oz.	372	175
Salmon, pink, canned, including bones	3 oz.	167	120
Shrimp, canned, drained	3 oz.	98	100
<b>Vegetables</b>			
Broccoli, cooked, drained, from raw	1 cup	136	40
Broccoli, cooked, drained, from frozen	1 cup	100	50
Soybeans, cooked, drained, from raw	1 cup	131	235
Collards, cooked, drained, from raw	1 cup	357	65
Turnip greens, cooked, drained, from raw	1 cup	252	30
<b>Tofu</b>	4 oz.	108*	85



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The Food Stamp Program can help you buy nutritious foods. To find out more, call Oregon SafeNet at 1-800-SAFENET (723-3638) or (503) 988-5858 in the Portland metro area. This material was funded in part by USDA's Food Stamp Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. © 2007 Oregon State University. Oregon State University Extension Service cooperating. Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.