

Calcium-rich Food Sources

GF = gluten-free

Dairy Foods

Type of Food	Serving Size	Calcium/Serving (mg)
Buttermilk	1 cup	285
Cheese, Brie	1 oz.	50
Cheese, Feta	1.5 oz.	210
Cheese, mozzarella, part skim	1 oz.	183
Cheese, parmesan	1 Tbsp.	69
Cheese, Romano	1.5 oz.	452
Cheese, Swiss or Gruyere	1 oz.	270
Cottage cheese, 1% milk fat	1 cup	138
Cottage cheese, low-fat	1 cup	155
Frozen yogurt, vanilla (GF)	1 cup	103
Goat's Milk	1 cup	327
Ice cream, hard (GF)	1 cup	168
Lactose-free milk, low-fat	1 cup	300
Low-fat milk	1 cup	300
Milk, Calcium-fortified	1 cup	500
Non-fat dry milk powder	5 Tbsp	300
Skim milk	1 cup	306
Yogurt, plain, low fat	8 oz.	415
Yogurt, plain, whole milk	8 oz.	275

Non-Dairy Foods

Type of Food	Serving Size	Calcium/Serving (mg)
Almond Milk (calcium-fortified, GF)	1 cup	300-450
Rice Milk (calcium-fortified, GF)	1 cup	300-450
Soy cheese (calcium-fortified, GF)	1 oz.	200
Soy Milk (calcium-fortified, GF)	1 cup	300-450
Soy yogurt (calcium-fortified, GF)	2/3 cup	500

Calcium-rich Food Sources

Fruits

Type of Food	Serving Size	Calcium/Serving (mg)
Apple juice (calcium-fortified)	1 cup	200
Fig, dried	1 medium	31
Kiwi, raw	1 cup	50
Orange	1 medium	52
Orange juice (calcium-fortified)	1 cup	266

Vegetables and Legumes

Type of Food	Serving Size	Calcium/Serving (mg)
Acorn squash, cooked	1 cup	90
Arugula, raw	¾ cup	50
Black eyed peas, boiled	1 cup	211
Bok choy	1 cup	160
Broccoli, boiled	1 cup	72
Carrots	1 cup	48
Chick peas (garbanzo beans), cooked	1 cup	75
Chicory (curly endive), raw	1 cup	40
Collard greens, cooked	1 cup	268
Dandelion greens, raw	1 cup	80
Garbanzo beans, cooked	1 cup	80
Green peas	1 cup	94
Iceberg lettuce	1/2 head	~50
Kale, frozen, boiled	1 cup	160
Kelp	1 cup	60
Mustard greens, frozen, boiled	1 cup	152
Navy beans	1 cup	126
Okra, cooked	1 cup	100
Parsley, cooked	1 cup	112
Pinto beans, cooked, canned	1 cup	103
Spinach, frozen, boiled	1 cup	291
Swiss chard, cooked	1 cup	100
Turnip greens	1 cup	250
Watercress	1 cup	164
White beans, cooked	½ cup	170

Calcium-rich Food Sources

Flours & Grains (choose those labeled gluten-free)

Type of Food	Serving Size	Calcium/Serving (mg)
Amaranth flour	1 cup	207
Amaranth, cooked	1/2 cup	135
Brown rice, long grain, raw*	1 cup	50
Buckwheat bran	1 cup	104
Carob Flour	1 cup	358
Corn flour-Yellow (Masa, enriched)	1 cup	161
Garbanzo bean flour	1 cup	126
Garfava flour (blend of chick pea and garfava bean)	1 cup	104
Hazelnut flour	1 cup	128
Potato flour	1 cup	104
Quinoa grain	1/2 cup	51
Soy flour, defatted	1 cup	241
Soy flour, full fat	1 cup	173
Teff flour	1 cup	239
Teff grain	1/2 cup	166
White rice, long grain, parboiled, enriched*	½ cup	52

*Plain white, brown and wild rice do not need to be labeled gluten-free.

Nuts & Seeds (choose those labeled gluten-free)

Type of Food	Serving Size	Calcium/Serving (mg)
Almond butter	2 Tbsp.	75
Almonds	1 oz. (24 nuts)	70
Brazil nuts (dried, unblanched)	1/4 cup	56
Flax Seed	1 cup	428
Flax Seed, ground	2 Tbsp.	16
Hazelnuts	1/4 cup	39
Sesame Seeds, whole, roasted	1 oz.	280
Soy Nuts, roasted, salted	½ cup	119
Sunflower Seeds, hulled	1/4 cup	28
Tahini	1 Tbsp.	75

Calcium-rich Food Sources

Seafood

Type of Food	Serving Size	Calcium/Serving (mg)
Mackerel, canned	3 oz.	250
Salmon (pink), canned with bones	3 oz.	181
Sardines, canned in oil (drained) with bones	1 can	570
Shrimp, canned	3 oz.	50

Other Protein

Type of Food	Serving Size	Calcium/Serving (mg)
Edamame (boiled soybeans)	1 cup	100
Tempeh, plain (GF)	½ cup	75
Tofu, firm (calcium-fortified)	4 oz.	250-750
Tofu, soft, regular	4 oz.	120-390

Miscellaneous

Type of Food	Serving Size	Calcium/Serving (mg)
Cereals, cold or hot, GF	Serving size	Varies
Molasses, blackstrap	1 Tbsp.	135

Vitamin D Rich Food Sources

Type of Food	Serving Size	Vitamin D/Serving (IU)
Cheese, Swiss	1 oz.	12
Cod liver oil	1 Tbsp.	1360
Egg	1 whole	20
Liver, beef, cooked	3 ½ oz.	15
Mackerel	3 ½ oz.	345
Margarine, fortified	1 Tbsp.	60
Milk, nonfat/reduced fat/whole/vitamin D fortified	1 cup	98
Ready-to-eat cereals fortified with 10% of the Daily Value for vitamin D, (GF)	¾ to 1 cup (depending on the brand)	40
Sardines	1 ¾ oz.	250
Soy Milk	1 cup	120
Sunshine	5-15 mins	Varies; see your doctor for advice on sun exposure
Tempeh, plain (GF)	½ cup	77
Tuna fish	3 oz.	200
Wild-caught salmon, Chinook	4 oz.	411
Wild-caught salmon, Sockeye	4 oz.	739

* IU = International unit (the measurement for vitamin D)

NOTE:

Many individuals cannot meet their calcium and vitamin D needs through food sources alone and will consider taking a gluten-free calcium supplement with vitamin D. Speak to your doctor or dietitian before beginning a supplement.

Choose labeled gluten-free grains and grain based foods, flours, nuts, seeds and non-dairy beverages.

Adapted from Celiac Center, Beth Israel Deaconess Medical Center
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