

## Calcium-rich Food Sources

Type of Food	Serving Size	CALCIUM (mg)
<b>Dairy Foods</b>		
Yogurt, plain, low fat	8 oz	415
Yogurt, plain, whole milk	8 oz	275
Milk, Calcium-fortified	1 cup	500
Goat's Milk	1 cup	327
Skim milk	1 cup	306
Low-fat milk	1 cup	300
Lactose-free milk, low-fat	1 cup	300
Buttermilk	1 cup	285
Cottage cheese, 1% milk fat	1 cup	138
Cottage cheese, low-fat	1 cup	155
Cheese, mozzarella, part skim	1 oz	183
Cheese, parmesan	1 T	69
Cheese, Feta	1.5 oz	210
Cheese, Romano	1.5 oz	452
GF Frozen yogurt, vanilla	1 cup	103
GF Ice cream, hard	1 cup	168

<b>Non-Dairy Foods</b>		
Soy, Almond, Rice Milk (calcium fortified)	1 cup	300
GF Soy yogurt (calcium-fortified)	2/3 cup	500
GF Soy cheese (calcium-fortified)	1 oz	200

<b>Fruits, Veggies, and Legumes</b>		
Spinach, frozen, boiled	1 cup	291
Orange juice (calcium-fortified)	1 cup	266
Soybeans, boiled	1 cup	262
Turnip greens	1 cup	250
Blackeyed peas, boiled	1 cup	211
Watercress	1 cup	164
White beans	1 cup	161
Bok choy	1 cup	160
Kale, frozen, boiled	1 cup	160
Mustard greens, frozen, boiled	1 cup	152
Navy beans	1 cup	126

Soy nuts, roasted, salted	½ cup	119
Parsley, cooked	1 cup	112
Pinto beans, canned	1 cup	103
Iceberg lettuce	1 head	97
Green peas	1 cup	94
Oranges	1 cup	72
Broccoli, boiled	1 cup	72
Orange	1 medium	52
Carrots	1 cup	48
Fig, dried	1 medium	31

<b>Flours, Grains, and Nuts (raw)</b>		
Flax Seed	1 cup	428
Carob Flour	1 cup	358
Flax seed meal	1 cup	332
Amaranth seed	1 cup	298
Soy flour, defatted	1 cup	241
Teff flour	1 cup	239
Amaranth flour	1 cup	207
Mesquite flour	1 cup	198
Soy flour, full fat	1 cup	173
Teff grain	1/2 cup	166
Corn flour-Yellow (Masa, enriched)	1 cup	161
Hazelnut flour	1 cup	128
Garbanzo bean flour	1 cup	126
Buckwheat bran	1 cup	104
Garfava flour	1 cup	104
Potato flour	1 cup	104
Almonds	1 oz (24 nuts)	70
Brazil nuts (dried, unblanched)	1/4 cup	56
White rice, long grain, parboiled, enriched	1/2 cup	52
Quinoa grain	1/2 cup	51
Hazelnuts	1/4 cup	39
Sunflower Seeds, hulled	1/4 cup	28

<b>Protein Foods</b>		
Salmon (pink), canned with bones	3 oz	181
Sardines, canned in oil with bones	2 sardines	92
Shrimp, canned	3 oz	50

<b>Etc.</b>		
Perky-O's Cereal, original	¾ cup	450
Perky-O's Cereal, apple-cinnamon OR frosted	¾ cup	300
Tofu, firm (calcium-fortified)	4 oz	258

## Vitamin D-rich Food Sources

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

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

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.

Beth Israel Deaconess Medical Center  
Revised August 2012