

## Lean Dairy and Nondairy Calcium Sources

Food	Calcium Content (mg)
1 cup nonfat plain yogurt	452
1.5 oz. romano cheese	452
2 oz. Swiss cheese	438
1 cup low-fat fruit yogurt	345
½ cup part-skim ricotta cheese	335
1 cup nonfat milk	306
1 cup 1% low-fat milk	290
1 cup low-fat buttermilk	284
1 cup fortified gluten-free cereal	Varies
1 cup fortified gluten-free soy milk	368
3 oz. sardines, Atlantic, in oil	325
½ cup tofu	253
3 oz. salmon, canned with bones	181
½ cup collards, cooked from frozen	178
1 Tbsp. blackstrap molasses	172
½ cup spinach, cooked from frozen	146

From: Decher N, Parrish CR. *Balanced and Delicious: A Healthy Gluten-Free Diet. In Real Life with Celiac Disease: Troubleshooting and Thriving Gluten-Free.* Dennis M, Leffler D., eds. AGA Press, Bethesda, MD, 2010. Original reference: USDA Dietary Guidelines for Americans 2005. Appendix B. Food Sources of Selected Nutrients. <http://www.health.gov/DietaryGuidelines>.