

<b>Prepared For:</b>		<b>Date:</b>	
<b>Prepared By:</b>		<b>Contact:</b>	

## High-Calcium Foods List

---

### How Much Do You Need?

- Healthy adults between the ages of 19 and 50 should aim for 1000 milligrams (mg) calcium per day.
- Older adults (especially women after menopause) need more calcium, because bones lose calcium as we age. After age 50, healthy adults should get 1,200 mg calcium per day.

#### Foods Recommended

### 300 mg Calcium per Serving

- 1 cup milk (fat free, low fat, chocolate, and buttermilk)
- 1 cup nonfat or low-fat yogurt
- 1 cup calcium-fortified soy milk or rice milk
- 1 cup calcium-fortified orange juice
- 1½ oz low-fat natural cheese (such as cheddar, mozzarella, or Swiss)
- 2 oz processed cheese (such as American)
- 1 cup ready-to-eat pudding
- 1 cup macaroni and cheese

### 200 mg Calcium per Serving

- 3 oz canned salmon (with soft bones)
- 3 oz sardines (with soft bones)
- 1 cup calcium-fortified cereal
- 1 oz feta cheese

## 150 mg Calcium per Serving

- 1 cup cottage cheese
- ½ cup tofu (made with calcium)
- 1 slice calcium-fortified bread

## 100 mg Calcium per Serving

- ½ cup frozen yogurt or ice cream
- ¼ cup almonds
- ½ cup cooked greens (beet greens, turnip greens, kale, collards, spinach)
- 1 English muffin
- ½ cup soybeans

## 50 mg Calcium per Serving

- 1 medium orange
- ½ cup cooked broccoli
- ½ cup canned white beans
- 1 medium baked sweet potato

Notes