

Module 3, Lesson 3 Tool:

Sources of Calcium in the Diet

Calcium plays many important roles in the body and is found in more foods than most realize. For people 19-70 years old, it's recommended to aim for a calcium intake of 1,000mg per day. Dark leafy greens, fish with bones and beans are just a few ways to boost your calcium intake with fresh food. Below are some more examples of the calcium content in specific foods.

Food	Serving Size	Calcium Content mg
Yogurt, low fat	8 oz	415
Orange juice, fortified	1 cup	349
Mozzarella cheese, part skim	1.5 oz	333
Sardines, with bones	3 oz	325
Cheddar cheese	1.5 oz	307
Milk, nonfat	1 cup	299
Soy milk, fortified	1 cup	299
White beans	1 cup	191
Almonds	½ cup	186
Salmon, with bones	3 oz	181
Soybeans, cooked	1 cup	170
Cottage cheese	1 cup	138
Collard greens, cooked	½ cup	133
Kale, cooked	1 cup	94
Chickpeas	1 cup	77
Chia seeds	1 tablespoon	76