

How Much Calcium Am I Getting?

Amount of Calcium in Some Good Calcium Foods

Calcium Food	Serving Size	~ Calcium Content (mg)	# Servings I Have per Day	My Calcium Intake (mg)
Dairy Foods				
Plain yogurt, nonfat	1 cup	488		
Milk powder (dry milk), nonfat	1/3 cup	391		
Fruit yogurt, nonfat	1 cup	350		
Ricotta cheese, part skim	1/2 cup	337		
Milk, nonfat or 1%	1 cup	311		
Lactose-free milks, such as Lactaid®	1 cup	300		
Plain Greek yogurt, nonfat	1 container (~6 oz)	187		
Sliced cheese, such as nonfat or lowfat Muenster, Cheddar, Mozzarella, Provolone, or Swiss	1 slice (3/4 oz)	111-173		
American cheese	1 piece (3/4 oz)	144		
Cottage cheese, nonfat or lowfat	1 cup	133		
Frozen yogurt or ice cream, nonfat	1/2 cup	104		
Foods with Added Calcium				
Soy milk with added calcium, such as Silk®	1 cup	450		
Almond milk with added calcium, such as Almond Breeze®	1 cup	450		
Rice drink (milk) with added calcium	1 cup	283		
Tofu with added calcium, soft or firm	1/2 cup	197		
Orange juice with added calcium	1/2 cup	174		
Cereal or cereal bar with added calcium	1 ounce	Label says _____		
Supplement with calcium	1	Label says _____		
Other Foods				
Sardines, canned, drained with bone	1 can (3.75 oz)	351		
Collard greens, cooked	1 cup	313		
Turnip greens, cooked	1 cup	223		
Salmon, canned, drained with bone	1/4 can (3 oz)	208		
Mustard greens, cooked	1 cup	191		
Other cooked greens, such as chard, kale, dandelion, or beet	1 cup	102-164		
Soybeans, green, boiled	1 cup	131		
Navy beans, not sprouted, cooked	1 cup	126		

Enter total here →

Calcium Recommendations

Age	9-13 Years	14-18 Years	19-30 Years
Females and Males	1300 mg	1300 mg	1000 mg
If pregnant or breastfeeding	1300 mg	1300 mg	1000 mg

Amount of calcium I need for my age

 mg

Amount of calcium I am getting now

 mg

How much more calcium I need each day

 mg