

Milk Group	Calcium
Plain nonfat yogurt, 1 cup	452 mg
Plain lowfat yogurt, 1 cup	415 mg
Swiss cheese, 1½ oz	408 mg
Chocolate milk shake, 10 fl oz	374 mg
American process cheese, 2 oz	348 mg
Fruit-flavored lowfat yogurt, 1 cup	345 mg
Mozzarella cheese (part skim), 1½ oz	311 mg
Cheddar cheese, 1½ oz	306 mg
Fat free milk, 1 cup	302 mg
1% lowfat milk, 1 cup	300 mg
2% reduced fat milk, 1 cup	297 mg
Whole milk, 1 cup	291 mg
1% lowfat chocolate milk, 1 cup	287 mg
2% reduced fat chocolate milk, 1 cup	284 mg
Chocolate milk, 1 cup	280 mg
Soft-serve ice cream, ½ cup	118 mg
Ice cream, 11% fat, ½ cup	88 mg
2% reduced fat cottage cheese, ½ cup	78 mg

Meat Group	Calcium
Sardines with bones, 3 oz	371 mg
Canned salmon with bones, 3 oz	167 mg
Almonds, ⅓ cup	120 mg

Vegetable Group	Calcium
Frozen cooked kale, ½ cup	90 mg
Frozen cooked okra, ½ cup	88 mg
Fresh cooked beet greens, ½ cup	82 mg
Frozen cooked broccoli, ½ cup	47 mg

Fruit Group	Calcium
Orange, 1	52 mg

Grain Group	Calcium
Enriched English muffin, 1	96 mg
Pancakes, made with milk, 2 (4" diameter)	72 mg
Hamburger bun, 1	54 mg
Corn tortilla, 1 (6" diameter)	42 mg
Packet instant oatmeal (nonfortified), 1	19 mg
Ready-to-eat cereal, 1 oz (check labels for calcium content)	

Combination Foods	Calcium
Baked potato with cheese, 1	350 mg
Taco salad, 1	280 mg
Cheese pizza, 1 slice (½ of 15" diameter)	220 mg
Taco, 1 small (6 oz)	109 mg

Coffee Beverages	Calcium
Caffè latte, 12 fl oz	412 mg
Caffè mocha, 12 fl oz	337 mg
Cappuccino, 12 fl oz	262 mg

