

## CALCIUM CONTENT OF SOME FOOD \*

<u>FOOD</u>	<u>SERVING SIZE</u>	<u>CALCIUM CONTENT (mg)</u>
Milk, skim	1 cup	302
Yogurt (low-fat, fruit-flavored)	8 ounces	300
Gruyere	1 ounce	287
Swiss cheese	1 oz	272
Figs, dried	10 figs	269
Tofu, raw, firm	½ cup	258
Calcium-fortified cereals	¾ cup	250
Cheddar cheese	1 ounce	204
Calcium-fortified orange juice	6 ounces	200
Mozzarella cheese, part-skim	1 oz	183
Collards, cooked from frozen, chopped	½ cup	179
American cheese, processed	1 ounce	174
Blackstrap molasses	1 tablespoon	172
Creamed cottage cheese	1 cup	126
Sardines, canned in oil	2 sardines	92
Parmesan cheese, grated	1 tablespoon	69
Mustard greens	½ cup	52
Kale, boiled	½ cup	47
Broccoli, boiled	½ cup	36

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\*From JAT Pennington, Bowes and Church's Food Values of Portions Commonly Used, 17<sup>th</sup> ed, Philadelphia: Lippincott, 1998

VITAMIN D – Increasing vitamin D intake may enhance calcium absorption from both dietary sources and supplements (L Mortensen and P Charles, Am J Clin Nutr, 63:354, 1996: