

Appendix 11.

Food Sources of Calcium

Table A11-1.

Calcium: Food Sources Ranked by Amounts of Calcium & Energy per Standard Food Portions & per 100 Grams of Foods

Food	Standard Portion Size	Calories in Standard Portion ^[a]	Calcium in Standard Portion (mg) ^[a]	Calories per 100 grams ^[a]	Calcium per 100 grams (mg) ^[a]
Fortified Ready-to-Eat Cereals (Various) ^[b]	¾-1¼ cup	70-197	137-1,000	234-394	455-3,333
Pasteurized Processed American Cheese	2 ounces	210	593	371	1,045
Parmesan Cheese, Hard	1.5 ounces	167	503	392	1,184
Plain Yogurt, Nonfat	8 ounces	127	452	56	199
Romano Cheese	1.5 ounces	165	452	387	1,064
Almond Milk (All Flavors) ^[b]	1 cup	91-120	451	38-50	188
Pasteurized Processed Swiss Cheese	2 ounces	189	438	334	772
Tofu, Raw, Regular, Prepared with Calcium Sulfate	½ cup	94	434	76	350
Gruyere Cheese	1.5 ounces	176	430	413	1,011
Plain Yogurt, Low-Fat	8 ounces	143	415	63	183
Vanilla Yogurt, Low-Fat	8 ounces	193	388	85	171

Table A11-1. (continued...)

Calcium: Food Sources Ranked by Amounts of Calcium & Energy per Standard Food Portions & per 100 Grams of Foods

Food	Standard Portion Size	Calories in Standard Portion ^[a]	Calcium in Standard Portion (mg) ^[a]	Calories per 100 grams ^[a]	Calcium per 100 grams (mg) ^[a]
Pasteurized Processed American Cheese Food	2 ounces	187	387	330	682
Fruit Yogurt, Low-Fat	8 ounces	238	383	105	169
Orange Juice, Calcium Fortified ^[b]	1 cup	117	349	47	140
Soymilk (All Flavors) ^[b]	1 cup	109	340	45	140
Ricotta Cheese, Part Skim	½ cup	171	337	138	272
Swiss Cheese	1.5 ounces	162	336	380	791
Evaporated Milk	½ cup	170	329	135	261
Sardines, Canned in Oil, Drained	3 ounces	177	325	208	382
Provolone Cheese	1.5 ounces	149	321	351	756
Monterey Cheese	1.5 ounces	159	317	373	746
Mustard Spinach (Tendergreen), Raw	1 cup	33	315	22	210
Muenster Cheese	1.5 ounces	156	305	368	717
Low-Fat Milk (1%)	1 cup	102	305	42	125
Mozzarella Cheese, Part-Skim	1.5 ounces	128	304	301	716

Food	Standard Portion Size	Calories in Standard Portion^[a]	Calcium in Standard Portion (mg)^[a]	Calories per 100 grams^[a]	Calcium per 100 grams (mg)^[a]
Skim Milk (Nonfat)	1 cup	83	299	34	122
Reduced Fat Milk (2%)	1 cup	122	293	50	120
Colby Cheese	1.5 ounces	167	291	394	685
Low-Fat Chocolate Milk (1%)	1 cup	178	290	71	116
Cheddar Cheese	1.5 ounces	173	287	406	675
Rice Drink^[b]	1 cup	113	283	47	118
Whole Buttermilk	1 cup	152	282	62	115
Whole Chocolate Milk	1 cup	208	280	83	112
Whole Milk	1 cup	149	276	61	113
Reduced Fat Chocolate Milk (2%)	1 cup	190	273	76	109
Ricotta Cheese, Whole Milk	½ cup	216	257	174	207

[a] Source: U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. 2014. USDA National Nutrient Database for Standard Reference, Release 27. Available at: <http://www.ars.usda.gov/nutrientdata>.

[b] Calcium fortified.