

Amount of Calcium in Non-dairy and Dairy Foods

Non-dairy foods, Serving size	Calcium (mg)	Calories
Sardines, canned in oil, drained, 3 ounces (85 grams)	325	177
Fortified ready-to-eat cereals (various), 1 ounce (30 grams)	40-300	90-200
Soy milk, calcium fortified, 1 cup (240 milliliters)	300	80
Tofu, firm, ½ cup (120 milliliters or 100 grams)	282	83
Soybeans, mature, cooked, ½ cup (120 milliliters)	175	148
Collard greens, cooked, ½ cup (120 milliliters)	162	22
Spinach, cooked from frozen, ½ cup (120 milliliters)	145	32
Oatmeal, plain, instant, fortified, 1 packet prepared	117	116
Almond butter, 2 tablespoons (30 grams)	112	198
Tempeh, 3 ounces (85 grams)	100	170
Bok choy, mustard greens, or turnip greens, cooked, ½ cup	95	12
Kale, cooked from frozen, ½ cup (120 milliliters)	89	21
Ocean perch, cooked, 4 ounces (113 grams)	80	70
Clams, fresh or canned, 3 ounces (85 grams)	78	126
Almonds, 1 ounce or 2 tablespoons (30 grams)	76	164
Dandelion greens, cooked from fresh, ½ cup (120 milliliters)	74	17
White beans, canned, ½ cup (120 milliliters)	62	120
Broccoli, cooked, 1 cup (240 milliliters)	62	54
Okra, cooked from frozen, ½ cup (120 milliliters)	62	18
Black-eyed peas/Cowpeas, cooked, ½ cup (120 milliliters)	40	100
Pinto beans, cooked, ½ cup (120 milliliters)	39	122
Black beans, cooked, ½ cup (120 milliliters)	24	114

EXAMPLES OF CALCIUM-RICH FOODS



Black-eyed Peas



Broccoli



Collard Greens



Tofu



Almonds

Dairy foods, Serving size	Calcium (mg)	Calories
Ricotta cheese, part skim, ½ cup (120 grams)	337	171
Plain yogurt, non-fat, 6-ounce container (180 grams)	334	100
Fat-free (skim) milk, 1 cup (240 milliliters)	322	83
Whole milk, 1 cup (240 milliliters)	300	149
Cheddar cheese, 1 ounce (30 grams)	200	116
Mozzarella cheese, part-skim, 1 ounce (30 grams)	196	89
Queso añejo, crumbled, 1 ounce (30 grams)	193	106

Source for calcium data: United States Department of Agriculture, FoodData Central. <https://fdc.nal.usda.gov>