Food Sources of Calcium

Information About Calcium

- Calcium is a mineral that helps you build and maintain strong bones and teeth.
- Good calcium intake throughout your life can help to prevent osteoporosis. When you have osteoporosis your bones are weak and thin from a loss of calcium. Weak bones can break more easily than strong bones.
- Calcium is also used in other parts of your body. It helps your muscles work and your heartbeat.

How Much Calcium Should I Aim For?

Age in years	*Aim for an intake of * milligrams (mg)/day*	*Stay below* mg/day*
Men and Women 19-50	1000	2500
Women 51-70	1200	2000
Men 51-70	1000	2000
Men and Women 71 and older	1200	2000
Pregnant and Breastfeeding Women 19 and older	1000	2500

*This includes sources of calcium from food and supplements.

Calcium Content of Some Common Foods

Milk and milk alternatives are excellent sources of calcium. If you do not include milk or milk alternatives in your diet, there are other foods which contain calcium as well. This table will show you which foods are a source of calcium.

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Food	Serving Size	Calcium (mg)
Vegetables and Fruit		
Vegetables		
Collards, frozen, cooked	125 mL (½ cup)	189
Spinach, frozen, cooked	125 mL (½ cup)	154
Collards, cooked	125 mL (½ cup)	142
Turnip greens, frozen, cooked	125 mL (½ cup)	132
Spinach, cooked	125 mL (½ cup)	129
Turnip greens, cooked	125 mL (½ cup)	104
Kale, frozen, cooked	125 mL (½ cup)	95
Fruit		
Orange juice, fortified with calcium	125 mL (½ cup)	155
Whole Grain Foods	This food group contains very little of this nutrient.	
Protein Foods		
Milk and Milk Alternatives		
Buttermilk	250 mL (1 cup)	370
Soy beverage, fortified with calcium	250 mL (1 cup)	321-324
3.3% homo, 2%, 1%, skim, chocolate milk	250 mL (1 cup)	291-322
Dry powdered milk	24 g (4 Tbsp) dry makes 250mL milk	302
Cheese		

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Food	Serving Size	Calcium (mg)
Gruyere, Swiss, goat, low fat cheddar or mozzarella	50 g (1½ oz)	396-506
Processed cheese slices (swiss, cheddar, low fat swiss or cheddar)	50 g (1½ oz)	276-386
Cheddar, colby, edam, gouda, mozzarella, blue	50 g (1½ oz)	252-366
Ricotta cheese	125 mL (½ cup)	269-356
Cottage cheese	250 mL (1 cup)	146-265
Yogurt and others		
Greek Yogurt, plain	175 g (¾ cup)	180-212
Yogurt, plain	175 g (¾ cup)	263-275
Yogurt, fruit bottom	175 g (¾ cup)	189-283
Yogurt, soy	175 g (¾ cup)	206
Yogurt, beverage	200 mL	190
Kefir	175 g (¾ cup)	198
Fish and Seafood		
Sardines, Atlantic, canned in oil, with bones	75 g (2 ½ oz)	286
Salmon (pink/humpback, red/ sockeye), canned, with bones	75 g (2 ½ oz)	179-212
Mackerel, canned	75 g (2 ½ oz)	181
Sardines, Pacific, canned in tomato sauce, with bones	75 g (2 ½ oz)	180
Anchovies, canned	75 g (2 ½ oz)	174
Meat Alternatives		

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Food	Serving Size	Calcium (mg)
Tofu, prepared with calcium sulfate	150 g (¾ cup)	302-525
Beans (white, navy), canned or cooked	175 mL (¾ cup)	93-141
Tahini/sesame seed butter	30 mL (2 Tbsp)	130
Baked beans, canned	175 mL (¾ cup)	89-105
Almonds, dry roasted, unblanched	60 mL (¼ cup)	93
Other		
Goat's milk	250 mL (1 cup)	345
Cashew beverage, enriched	250 mL (1 cup)	223-331
Rice beverage, enriched	250 mL (1 cup)	319
Almond beverage, enriched	250 mL (1 cup)	312
Coconut beverage, enriched	250 mL (1 cup)	177-223
Blackstrap molasses	15 mL (1 Tbsp)	179

Source: "Canadian Nutrient File 2015" www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php [Accessed April 28, 2016]

Additional Resources

- Insert Unordered List

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