



## CALCIUM-RICH FOODS

The chart below lists some of the most calcium-rich foods you can include in your diet. Since many foods contain some calcium, this list is meant to be representative rather than exhaustive. Values are approximate; see sources for more information.

<b>Food</b>	<b>Serving Size</b>	<b>Calcium (mg)</b>
Cheese, ricotta	250 g (1 cup)	509
Yoghurt, low fat, plain	220 g (8 oz)	415
Rhubarb, frozen, cooked	250 g (1 cup)	348
Sardines	85 g (3 oz)	347
Goat's milk	250 ml (1 cup)	327
Cow's milk, low fat	250 ml (1 cup)	293
Collard (Spring) greens, cooked	190 g (1 cup)	266
Spinach, cooked	190 g (1 cup)	245
Cheese, Swiss	28 g (1 oz)	224
Cheese (hard e.g. cheddar)	28 g (1 oz)	222
Black eyed beans	165 g (1 cup)	211
Turnip greens, cooked	144 g (1 cup)	197
White beans (haricot, cannellini, butter)	262g (1 cup)	191
Bok choy	170 g (1 cup)	158
Tofu, soft or firm, calcium set	125 g (4 oz)	150
Dandelion greens, cooked	105 g (1 cup)	147
Cheese, camembert	28 g (1 oz)	147
Cottage cheese, low fat	226 g (1 cup)	145
Cheese, feta	28 g (1 oz)	140
Scallops	112 g (4 oz)	130
Okra, cooked	160 g (1 cup)	123
Blackstrap molasses	2 tsp	117
Mustard greens, cooked	140 g (1 cup)	103
Swiss Chard, cooked	150 g (1 cup)	101
Peas, frozen	160g (1 cup)	94
Kale, coked	130 g (1 cup)	94
Soya milk	245 g (1 cup)	93
Ice cream, full fat, vanilla	74g (½ cup)	87
Baked beans	250 g (1 cup)	86
Pinto beans	220 g (1 cup)	79
Chickpeas	240 g (1 cup)	77

<b>Artichoke</b>	168 g (1 cup)	76
<b>Trout</b>	85 g (3 oz)	73
<b>Almonds</b>	28 g (1 oz)	70
<b>Sesame Seeds</b>	1 tbl	64
<b>Dill</b>	2 tsp	64
<b>Basil</b>	2 tsp	59
<b>Oregano</b>	2 tsp	57
<b>Green beans, cooked</b>	125 g (1 cup)	55
<b>Thyme</b>	2 tsp	53
<b>Oranges</b>	1 whole fruit	52
<b>Cinnamon</b>	2 tsp	52
<b>Kidney beans</b>	220 g (1 cup)	50
<b>Cabbage, cooked</b>	150 g (1 cup)	47
<b>Black beans</b>	250 g (1 cup)	46
<b>Celery, raw</b>	120 g (1 cup)	48
<b>Fennel, raw</b>	130 g (1 cup)	43
<b>Broccoli, raw</b>	88 g (1 cup)	41
<b>Brussels sprouts, cooked</b>	155 g (1 cup)	40
<b>Cumin</b>	1 tsp	39
<b>Bread, white</b>	1 slice	38
<b>Carrots, raw</b>	110 g (1 cup)	36
<b>Sea vegetables</b>	60 g (¼ cup)	34
<b>Garlic</b>	1 oz	33
<b>Asparagus, cooked</b>	180 g (1 cup)	32
<b>Leeks, cooked</b>	104 g (1 cup)	31
<b>Lettuce, cos or romaine</b>	100 g (2 cups)	31
<b>Rosemary</b>	2 tsp	30
<b>Coriander</b>	2 tsp	29
<b>Cream cheese</b>	1 tbl	29
<b>Cloves</b>	2 tsp	27
<b>Bread, wheat</b>	1 slice	26
<b>Bread, rye</b>	1 slice	23

Sources: [USDA](#), [World's Healthiest Foods](#)