

**Milk Group**

Milk, regular or low fat 1 cup	300
Yogurt 1 cup	300-415
American cheese, 2 oz	348
Cheddar cheese, 1 ½ oz	300
Cottage Cheese, ½ cup	77
Mozzarella cheese, 1 ½ oz	275
Parmesan cheese, ¼ cup	338
Ricotta cheese, part skim, ½ cup	337
Swiss cheese, 1 ½ oz	408
Ice cream, ½ cup	88
Ice cream, soft-serve, ½ cup	113
Frozen yogurt, ½ cup	103
Pudding, instant, ½ cup	151
Soy milk, <u>calcium fortified</u> , 1 cup	300
Rice milk, <u>calcium fortified</u> , 1 cup	300

**Elemental  
Calcium (mg)****Protein Group**

Almonds, ½ cup	160
Pecans, ½ cup	42
White beans, ½ cup	113
Salmon, canned with bones, 2 oz	110
Sardines, 2 oz	248
Tofu, <u>calcium fortified</u> , 1 cup	260

**Calcium (mg)****Fruit Group**

Orange, 1 medium	50
Orange juice, <u>calcium fortified</u> , 1 cup	300
Prunes, dried, ¼ cup	22
Raisins, ¼ cup	22

**Calcium (mg)****Vegetable Group**

Collards, frozen, 1 cup	357
Turnip greens, cooked, 1 cup	196
Bok Choy, ½ cup	158
Broccoli, cooked 1 cup	70
Kale, cooked, 1 cup	90
Sweet potatoes, mashed, 1 cup	88
Okra, cooked, 1 cup	176

**Calcium (mg)**

**Your daily calcium requirement is:**