

High Calcium Foods

Food	Serving (Imperial)	Serving (Metric)	Calcium Amount (mg)	% RDA (DV)
Yogurt, plain	8 oz	225 g	415	35%
Mozzarella, part skim	1.5 oz	40 g	333	28%
Sardines with bones	3 oz	85 g	325	27%
Cheddar cheese	1.5 oz	40 g	307	26%
Milk, nonfat	1 cup	240 g	299	25%
Milk, 2%	1 cup	240 g	293	24%
Milk, whole	1 cup	240 g	276	23%
Tofu, firm with calcium sulfate	1/2 cup	125 g	253	21%
Salmon, pink with bone	3 oz	85 g	181	15%
Cottage cheese	1 cup	225 g	138	12%
Turnip greens, boiled	1/2 cup	75 g	99	8%
Kale, boiled	1 cup	130 g	94	8%

Adult U.S.RDA (Recommend Dietary Allowance)

1200 mg Male

1200 mg Female