

How Much Calcium Do Different Foods Have?

Food	mg of calcium
Nonfat dry milk powder, (1/3 cup)	503
Yogurt, low fat (1 cup)	415
Milk, fat free (1 cup)	302
Milk, 2% reduced fat (1 cup)	297
Milk, whole (1 cup)	290
Milk, 2% reduced fat chocolate (1 cup)	284
Swiss cheese, (1ounce)	272
American cheese (1 ounce)	174
Cottage cheese, 2% low fat (1/2 cup)	77
Tofu with calcium sulfata (1/2 cup)	434
Sardines, canned with bones (3 ounces)	324
Perch, baked (3 ounces)	117
Collards, fresh, cooked (1/2 cup)	74
Turnip greens, fresh, cooked (1/2 cup)	99
Broccoli, fresh, cooked (1/2 cup)	36
Okra, frozen, cooked (1/2 cup)	88
Dry beans, pinto (1 cup, cooked)	82

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