



Center for Integrative Oncology and Survivorship

## Calcium Content of Foods

<b>Food</b>	<b>Serving Size</b>	<b>Mg of Calcium</b>
<b>Foods High in Calcium (200 mg or more)</b>		
Cereal, calcium fortified	½ cup	200-675
Cereal bar, calcium fortified	1 bar	300
Cheese: cheddar, mozzarella, muenster	1 oz.	205
Cheese: provolone, jack, swiss	1 oz.	220
Cheese: ricotta, part-skim	½ cup	335
Eggnog	1 cup	330
Fish, sardines	3 oz.	325
Milk, buttermilk	1 cup	285
Milk, dry solids	¼ cup	210
Milk, evaporated	1 cup	660
Milk, nonfat	1 cup	305
Milk, reduced fat	1 cup	285
Milk, whole	1 cup	275
Soy milk or rice milk, calcium fortified	1 cup	300-370
Tofu, fortified with calcium sulfate	¼ cup	215
Yogurt, fruit or plain	8 oz.	275-450
<b>Foods Moderate in Calcium (50-200 mg)</b>		
Almonds	1 oz.	75
Bagel, 4" enriched	1 each	80
Beans, canned white	½ cup	95
Biscuit, 2 ½"	1 each	140
Cheese, American	1 oz.	160
Cheese, blue or feta	1 oz.	145
Cheese, parmesan	2 tbsp.	110
Chocolate	1.5 oz. bar	85
Clams, canned	3 oz.	80
Cottage cheese, low fat (1%)	½ cup	80
Crab, canned	3 oz.	85
Cream of wheat, regular	½ cup	60
Dried beans and peas	½ cup	50-100
English muffin	1 each	95
Figs, dried	5 each	135
Fish, halibut	3 oz.	50
Fish, perch	3 oz.	115
Fish, canned salmon with bones	3 oz.	180
Frozen yogurt or ice milk	½ cup	105
Greens, beet	½ cup	80
Greens, collards	½ cup	135
Greens, mustard	½ cup	50
Greens, turnip or bok choy	½ cup	100
Hummus	½ cup	65

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Ice cream, light	½ cup	110
Ice cream, regular	½ cup	85
Instant breakfast drink, with water	1 cup	105-250
Okra	½ cup	90
Orange	1 each	50
Orange juice, calcium fortified	½ cup	175-200
Oysters	3 oz.	80
Pudding, made with milk	½ cup	155
Roll, hamburger or hotdog	1 each	60
Soy milk, unfortified	1 cup	60
Soybeans	½ cup	135
Spinach	½ cup	135
Sweet potato, baked with skin	1 medium	55
Tortillas, 6" flour	2 each	80
Veggie or soy patty	1 each	85
Waffles, 4" frozen	1 each	100

### **Foods Lower in Calcium (less than 50 mg)**

Blackberries	½ cup	20
Bread, whole grain and white	1 slice	30-35
Broccoli	½ cup	20
Brussels sprouts	½ cup	30
Cabbage, raw Chinese	½ cup	35
Cheese, cream	1 oz.	20
Egg substitute, liquid	¼ cup	35
Egg, whole	1 large	25
Green beans	½ cup	25
Kiwi	1 medium	25
Lentils	½ cup	20
Muffin	2 oz.	20
Nuts, most varieties	1 oz.	30
Peas, frozen green	½ cup	20
Seeds, sunflower	1 oz.	20
Sherbet	½ cup	40
Shrimp	3 oz.	30
Sour cream	2 tbsp.	30
Spinach, raw	1 cup	30
Squash	½ cup	25
Tangerine	1 each	30
Tofu, unfortified	½ cup	20

### **Foods Very Low in Calcium (less than 20 mg)**

Butter and oils	1 tbsp.
Fruit and fruit juice	1 each or ½ cup
Meat and poultry	1 oz.
Popcorn	1 cup
Rice	½ cup
Tuna, canned	3 oz.
Vegetables, not previously listed	½ cup

### **Dietary Supplements**

The two main forms of calcium in supplements are carbonate and citrate. Calcium carbonate is more commonly available and is both inexpensive and convenient. Because of its dependence on stomach acid for absorption, calcium carbonate is absorbed most efficiently when taken with food, whereas calcium citrate is absorbed equally well when taken with or without food.

Some individuals who take calcium supplements might experience gastrointestinal side effects including gas, bloating, constipation or a combination of these symptoms. Calcium carbonate appears to cause more of these side effects than calcium citrate, so consideration of the form of calcium supplement is warranted if these side effects occur.