



Calcium and Calorie Content of Selected Foods



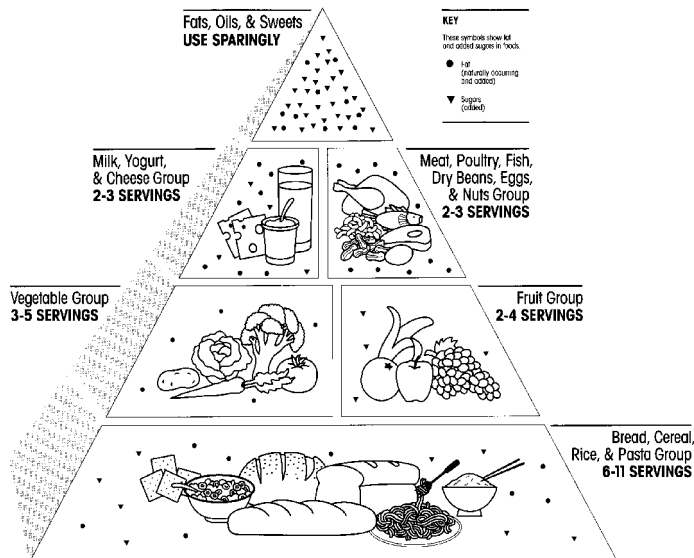
Healthy bone growth and maintenance requires adequate calcium intake. You can meet your calcium needs from foods, beverages, and, if necessary, supplements.

How much calcium do I need each day?

Adequate Intake for calcium, according to the Dietary Reference Intakes (DRIs), is 500 milligrams (mg) per day for children 1-3 years old, 800 mg per day for children 4-8 years old, adolescents and teenagers 9-18 years old need 1300 mg per day, and adults 19 and older need at least 1000-1200 mg per day.

What are some good food choices that contain calcium?

You can get the calcium you need by consuming a variety of foods from each of the food groups in the Food Guide Pyramid. This handout contains the calorie and calcium content of some foods from each group of the Food Guide Pyramid. (Bread, Cereal, Rice, & Pasta Group; Vegetable Group; Fruit Group; Milk, Yogurt, & Cheese Group; Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group; and Fats, Oils & Sweets).



Bread Cereal, Rice, & Pasta Group

Food	Serving Size	Calcium Content (mg)	Calorie Content
Biscuit	1 medium	105	195
Bread, Cornbread	1 slice	110	175
Bread, Spoonbread	1 slice	155	155
Bread, White	1 slice	25	65
-calcium fortified	1 slice	190	75
-calcium fortified, diet	1 slice	180	45
Bread, Whole Wheat	1 slice	20	70
-calcium fortified	1 slice	170	40
Cereal, Total™	1 cup	345	140
Muffin, English	1 whole	100	135
Pancake, homemade	1, 4 inch	110	90
Rolls, Hamburger	1	60	120
Spaghetti, calcium fortified	2/3 cup	300	210
Tortilla, Corn	1, 6 inch	45	60
Waffles	1 medium	20	60

Vegetable Group

Food	Serving Size	Calcium Content (mg)	Calorie Content
Broccoli			
-cooked	½ cup	45	25
-raw	½ cup	20	10
Cabbage, green			
-cooked	½ cup	25	15
-raw	½ cup	15	10
Cabbage, Bok Choy			
-cooked	½ cup	80	10
-raw	½ cup	35	5
Celery, raw	1 each	15	5

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Vegetable Group (continued)

Food	Serving Size	Calcium Content (mg)	Calorie Content
Chard			
-cooked	½ cup	50	20
-raw	½ cup	10	5
Greens, Beet			
-cooked	½ cup	100	15
-raw	½ cup	25	5
Greens, Collard			
-cooked	½ cup	20	25
-raw	½ cup	5	5
Greens, Mustard			
-cooked	½ cup	105	15
-raw	½ cup	40	5
Greens, Turnip			
-cooked	½ cup	100	15
-raw	½ cup	40	5
Kale			
-cooked	½ cup	90	20
-raw	½ cup	50	10
Kohlrabi			
-cooked	½ cup	20	25
-raw	½ cup	15	20
Okra			
-cooked	½ cup	75	30
-raw	½ cup	50	20
Parsley			
-cooked	½ cup	60	15
-raw	½ cup	40	10
Rhubarb			
-cooked	½ cup	235	10
-raw	½ cup	120	5
Rutabaga			
-cooked	½ cup	40	35
-raw	½ cup	30	25
Seaweed Kelp			
-raw	½ cup	70	20
Spinach			
-cooked	½ cup	130	25
-raw	½ cup	15	5
Summer Squash			
-cooked	½ cup	25	20
Watercress			
-cooked	½ cup	65	5
-raw	½ cup	20	2

Fruit Group

Food	Serving Size	Calcium Content (mg)	Calorie Content
Figs, dried	5 each	135	240
Grapefruit			
-half	½ fruit	15	40
-sections	1 cup	30	75
Orange			
-fruit	1 medium	50	60
-juice	1 cup	20	105
-juice, calcium-fortified	1 cup	285	105
-slices	1 cup	70	85

Milk, Yogurt & Cheese Group

Food	Serving Size	Calcium Content (mg)	Calorie Content
Cheese, American			
-fat free	1 oz	200	45
-processed	1 oz	140	105
-reduced fat	1 oz	120	60
Cheese, Cheddar			
-natural	1 oz	150	115
-reduced fat	1 oz	120	50
Cheese, Cottage			
-1% lowfat	½ cup	70	80
-2% reduced fat	½ cup	85	100
-4% fat (regular)	½ cup	60	110
Cheese, Mexican	1 oz	185	105
Cheese, Mozzarella			
-part skim	1 oz	205	80
-whole	1 oz	160	90
Cheese, Muenster			
-natural	1 oz	200	105
-reduced fat	1 oz	205	80
Cheese, Parmesan, grated	2 T	140	45
Cheese, Romano, grated	2 T	140	45
Cheese, Ricotta			
-nonfat	½ cup	200	100
-part skim	½ cup	335	170
-whole	½ cup	255	215
Cheese, Swiss			
-natural	1 oz	270	105
-reduced fat	1 oz	350	90
Ice Cream,			
-regular	½ cup	85	135
-7% fat, light	½ cup	85	110
Ice Milk	½ cup	90	90
Milk			
-skim/nonfat	1 cup	300	85
-1% low-fat	1 cup	300	100
-2% reduced fat	1 cup	295	120
-whole	1 cup	290	150
Milk, Buttermilk			
-skim	1 cup	290	100
-whole	1 cup	275	150
Milk, Chocolate			
-skim/nonfat	1 cup	280	145
-2% reduced fat	1 cup	285	180
-whole	1 cup	280	210
Milk, Dry Powder			
-nonfat	2 T	105	30
-whole	2 T	150	80
Milk, Evaporated			
-skim	½ cup	370	100
-whole	½ cup	330	170
Milk, Goat	1 cup	290	150
Milk, half and half	1 T	15	20
Pudding, ready to eat	½ cup	100	145
Yogurt, fruited			
-nonfat	1 cup	320	160
-2% fat	1 cup	370	250
Yogurt, plain			
-nonfat	1 cup	490	135
-1-2% fat	1 cup	445	155
Yogurt, frozen			
-1% fat	1 cup	175	200

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group

Food	Serving Size	Calcium Content (mg)	Calorie Content
Almonds, raw	2 oz	150	335
Beans, Black, cooked	1 cup	120	245
Beans, Navy, cooked	1 cup	130	260
Beans, Northern, cooked	1 cup	160	245
Beans, Pinto, cooked	1 cup	80	235
Beans, Soy	1 cup	175	300
Chickpeas, cooked	1 cup	80	270
Milk, Soy, canned			
-fat-free (fortified)	1 cup	350	110
-regular	1 cup	10	80
Oysters			
-cooked	3 oz	75	115
-raw	3 oz	40	60
Salmon, canned w/bones	3 oz	180	120
Sardines, canned in water, w/bones	3 oz	65	175
Shrimp, cooked	3 oz	35	85
Tempeh	½ cup	75	165
Textured Vegetable Protein	½ cup	70	185
Tofu Soybean Curd, lowfat, firm	½ cup	30	45

Fats, Oils & Sweets

Food	Serving Size	Calcium Content (mg)	Calorie Content
Molasses, Blackstrap	1 T	175	50

1 cup = 8 fluid ounces; oz = ounce; t = teaspoon; T = tablespoon
 Reference: Nutrition Data System. Program 2.92 Food Database 13A Nutrient Database 28. University of Minnesota, Nutrition Coordinating Center. 1997. Some inconsistencies may occur because all figures have been rounded.

How do I find the calcium content of a labeled food?

Use the Percent Daily Value listed on the Nutrition Facts panel of a food label to find the milligrams of calcium per serving. *See the highlighted portion of the sample label on the right for Vanilla Lowfat Yogurt.*

To find the milligrams of calcium in a standard serving of a food, drop the % sign from the Percent Daily Value for calcium and add a zero. For example: 40% Daily Value = 400 mg. This is the amount of calcium in an 8 oz serving of Vanilla Lowfat Yogurt. *(Note: this only works with calcium)*

How can I tell if a food is a rich source of calcium?

A rich food source of calcium contributes at least 100 milligrams of calcium in a standard serving. Reduced fat milk, calcium fortified orange juice, canned salmon, and Blackstrap molasses are examples of foods that are rich sources of calcium and relatively low in calories.

How can I get the calcium I need without getting too many calories?

By eating reduced fat or nonfat milk products or a variety of other foods that are rich sources of calcium, you can get the calcium you need every day without consuming excessive calories.

How do I identify lowfat milk products?

The best way to identify lowfat milk products is to read the food label. The Food and Drug Administration regulates milk labeling:

- Whole or full-fat milk is labeled “milk” and contains 8 grams of fat per cup.
- 2% reduced fat milk contains 4.5 grams of fat per cup.
- 1% lowfat milk contains 2.5 grams of fat per cup.
- Fat-free milk contains less than ½ gram of fat per cup.

Is the calcium in a non-milk food easily absorbed by the body?

Yes and no. Some of the non-milk foods, such as leafy green vegetables and beans, contain oxalates and phytates. These are naturally occurring substances that bind to the calcium in food making the calcium in these foods less available for absorption into the body.

The amount of food from some plant sources needed to meet the daily requirements of calcium, is more than most people can eat. A person can get enough calcium without milk or foods made from milk, but it takes a lot of knowledge and planning.

Vanilla Lowfat Yogurt

Nutrition Facts			
Serving Size 8 oz (227 g)			
Servings Per Container 1			
Amount Per Serving			
Calories 210		Calories from Fat 30	
Percent Daily Value*			
Total Fat 3 g			5%
Saturated Fat 2 g			10%
Cholesterol 15 mg			5%
Sodium 160 mg			7%
Total Carbohydrate 36 g			12%
Dietary Fiber 0 g			0%
Sugars 34 g			
Protein 10 g			
Vitamin A 2%	•	Vitamin C 4%	
Calcium 40%	•	Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Fiber		25 g	30 g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

What if I am lactose intolerant or have lactose maldigestion?

The good news is you don't need to give up milk or foods made from milk. Research shows that most people who have trouble digesting lactose (the sugar in milk) can tolerate at least ½ to 1 cup of milk at mealtime without any problems. Start adding back small amounts of milk and milk products with a meal or a snack. Also, try to drink small amounts of milk and eat small amounts of food made with milk more often.

Some other good food sources of calcium for people with lactose intolerance or maldigestion include corn tortillas, fish with soft, edible bones, such as salmon and sardines; yogurt with active cultures; and processed hard cheeses. Corn tortillas, salmon and sardines do not contain lactose. Yogurt with active cultures does contain lactose, but it also contains lactase, an enzyme that digests lactose. Processed hard cheese such as Cheddar and Swiss, have more than half the lactose removed, making it more tolerable for people with lactose intolerance or maldigestion.

Plant foods that contain calcium, lactose reduced or lactose free milk, lactase tablets which help digest milk sugar, and calcium fortified food products can help to add variety to a diet for a person who is lactose intolerant or who has lactose maldigestion.

How can I get 1000 mg of calcium per day from food?

Below are examples of how to get 1000 milligrams of calcium from calcium-rich foods. Use the table of calcium and calorie content of foods to plan your own high-calcium, low-calorie food choices for one day.

Example 1

Food	Amount	Calcium (mg)	Calories
Yogurt, plain, nonfat	1 cup	490	135
Skim milk	1 cup	300	85
Cheddar cheese, reduced fat	2 oz	240	100
Total		1030	320

Example 2

Food	Amount	Calcium (mg)	Calories
Orange juice, calcium fortified	1 cup	285	105
Mustard greens, cooked	¾ cup	156	23
Fat-free fortified soy milk	1 cup	350	110
Salmon, canned w/bones	3 oz	180	120
Corn tortilla	1	45	60
Total		1016	418

Fill in your choices:

Food	Amount	Calcium (mg)	Calories
Total			

Tips for Increasing Calcium in Your Diet:

- Read food labels to find which of your favorite foods are good sources of calcium and try to eat them often.
- Purchase and eat foods labeled “calcium-rich” or “excellent source of calcium.”
- Eat and drink reduced fat milk products.
- Fortify your foods with calcium by adding nonfat powdered milk to foods such as meat loaf, sauces, gravies, soups, stuffings, casseroles, blended beverages, puddings, breads, cookies, brownies, mashed potatoes, milk, cooked cereal, and scrambled eggs.
- Cook with more leafy green vegetables that are good sources of calcium.
- Use reduced fat cheeses as toppings and snacks.
- Add reduced fat milk to your coffee or tea.

What if I can not get enough calcium in the food I eat?

Calcium is an essential mineral for healthy bones. Your body cannot make calcium, so you must get it from what you eat or drink. If what you eat and drink does not adequately meet your calcium needs, a calcium supplement may be used to provide the calcium you need.

For guidelines on taking calcium supplements, see the University of Arizona's Cooperative Extension handout, *Calcium Supplement Guidelines*, at the website:

<http://ag.arizona.edu/pubs/health/az1042.pdf>.

