

*****CALCIUM SOURCES IN FOOD*****

Calcium is a mineral needed for your baby's bones and teeth to develop normally. The dietary reference intake (DRI) value for calcium during pregnancy is 1000 mg daily for adults and 1300 mg daily for teenagers. The following is a list of the calcium content for selected foods.

	<u>Portion Size</u>	<u>Calcium (mg)</u>
<u>Dairy</u>		
Milk, whole, 2%, 1%, skim	1 cup	300
Chocolate milk	1 cup	287
Buttermilk, cultured	1 cup	285
Yogurt, lowfat, plain	1 cup	415
Yogurt, lowfat, fruit flavored	1 cup	314
Cheese:		
American, processed	1 oz.	124
Cheddar, Swiss	1 oz.	204
Mozzarella, part skim	1 oz.	182
Parmesan cheese	2 Tbs	140
Ricotta, part skim	½ cup	337
Cottage cheese, 1% fat	½ cup	69
Cream cheese	2 T	23
<u>Orange juice, calcium fortified</u>	6 oz.	225-350
<u>Vegetables</u>		
Collard greens, frozen, boiled	½ cup	179
Turnip greens, frozen, boiled	½ cup	125
Kale, Broccoli, cooked	½ cup	90
Spinach, frozen, cooked	½ cup	139
<u>Dried beans</u>		
Pinto beans	½ cup	75
Chickpeas	½ cup	80
Kidney & navy beans	½ cup	65
<u>Nuts and seeds</u>		
Almonds	1 oz. (22)	75
Sesame seeds	1 T	88

Desserts

Ice cream or ice milk, vanilla	1 cup	176
Sherbet, orange	1 cup	103
Pudding, made with milk from mix	½ cup	143
Pudding, ready to eat	3.5 oz	48

Miscellaneous

Tofu, firm, calcium set	½ cup	258
Sardines	3 oz.	370
Salmon, canned with bones	3 oz.	170-210
Molasses, blackstrap	1 T	137
Cheese pizza	1 slice	220
Oatmeal, instant packs	1 pkg prepared	163

References: Bowes and Church, Food Values of Portions Commonly Used
USDA Nutrient Data Base