

**Foods to Increase Calcium Intake**

**Food Milligrams (mg) Percent DV\***

 **per serving**

Yogurt, plain, low fat, 8 ounces 415 42
Mozzarella, part skim, 1.5 ounces 333 33
Sardines, canned in oil, with bones, 3 ounces 325 33
Cheddar cheese, 1.5 ounces 307 31
Milk, nonfat, 8 ounces\*\* 299 30
Soymilk, calcium-fortified, 8 ounces 299 30
Milk, reduced-fat (2% milk fat), 8 ounces 293 29
Milk, buttermilk, lowfat, 8 ounces 284 28
Milk, whole (3.25% milk fat), 8 ounces 276 28
Orange juice, calcium-fortified, 6 ounces 261 26
Tofu, firm, made with calcium sulfate, ½ cup\*\*\* 253 25
Salmon, pink, canned, solids with bone, 3 ounces 181 18
Cottage cheese, 1% milk fat, 1 cup 138 14
Tofu, soft, made with calcium sulfate, ½ cup\*\*\* 138 14
Turnip greens, fresh, boiled, ½ cup 99 10
Kale, raw, chopped, 1 cup 100 10
Kale, fresh, cooked, 1 cup 94 9
Chinese cabbage, bok choi, raw, shredded, 1 cup 74 7
Tortilla, corn, ready-to-bake/fry, one 6" diameter 46 5
Tortilla, flour, ready-to-bake/fry, one 6" diameter 32 3
Sour cream, reduced fat, cultured, 2 tablespoons 31 3
Bread, whole-wheat, 1 slice 30 3
Broccoli, raw, ½ cup 21 2

**Table 1: Recommended Dietary Allowances (RDAs) for Calcium**
Age Male/Female
14–18 years 1,300 mg
19–50 years 1,000 mg
51–70 years 1,000 mg
71+ years 1,200 mg