

**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