

Calcium Content of Some Common Foods

| Calcium Content of Some Common Foods | Portion | Number of Portions per Day "A" | Calcium (mg) "B" | Total Amount of Calcium (mg) |
|---|--------------------|--------------------------------|------------------|------------------------------|
| MILK AND MILK PRODUCTS | | | | |
| Cheese – Cheddar | 2.54 cm (cube) | | 124 | |
| Cheese – Cottage (2%) | 250 ml | | 164 | |
| Cheese - Gruyere | 2.54 cm (cube) | | 152 | |
| Cheese- Mozzarella (partially skimmed) | 250 ml (diced) | | 1020 | |
| Cheese – Swiss (Emmenthal) | 2.54 cm (cube) | | 144 | |
| Goat's Milk – Whole | 250 ml | | 344 | |
| Milk – 2 % | 250 ml | | 314 | |
| Milk – Chocolate | 250 ml | | 300 | |
| Milk – 3.25% - Whole | 250 ml | | 308 | |
| Milk - Skim | 250 ml | | 319 | |
| Milk –Soy (liquid) | 250 ml | | 319 | |
| Yogurt – Drink | 250 ml | | 274 | |
| Yogurt - Frozen | 250 ml | | 294 | |
| Yogurt – Plain (1% -2 %) | 250 ml | | 474 | |
| Yogurt – Stirred fruit | 250 ml | | 357 | |
| FISH AND OTHER FOODS | | | | |
| Almonds – Blanched, oil roasted and salted | 25 almonds | | 57 | |
| Salmon- Pink, canned with bones | 250 ml (drained) | | 384 | |
| Sardines – Atlantic, canned in oil with bones | 250 ml (drained) | | 601 | |
| Sesame seeds – Whole and dehydrated | 15 ml | | 89 | |
| Tofu – Firm, prepared with calcium sulphate | 4.5 x 4x4 cm | | 547 | |
| BREADS AND CEREALS | | | | |
| Bread – Whole wheat | 1 slice | | 20 | |
| English muffin – Wheat | 1 muffin | | 101 | |
| FRUITS AND VEGETABLES | | | | |
| Broccoli – Boiled | 250 ml (chopped) | | 92 | |
| Figs dried, uncooked | 5 | | 135 | |
| Orange from Florida – uncooked | 250 ml (in pieces) | | 84 | |
| DAILY TOTALS | | | | |
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