

## CALCIUM RICH FOOD ITEMS

<u>FOOD ITEM</u>	<u>SERVING(oz)</u>	<u>CALCIUM CONTENT(mg)</u>
Low fat yogurt	1 cup (8oz)	415
Milk Shake	1 cup (8oz)	362
Pizza, cheese	½ of 10in pie	355
Eggnog, non alcoholic	1 cup (8oz)	330
Low fat yogurt with fruit	1 cup (8oz)	314
Sardines, canned	½ cup (3 ½ oz)	30
Skim milk ( ½ % fat)	1 cup (8oz)	302
Whole milk	1 cup (8oz)	291
Cheese soup with whole milk	1 cup (8oz)	288
Swiss cheese	1 slice (1oz)	272
Red salmon	½ cup (3 ½ oz)	259
Ricotta	1 oz	257
Soft serve ice cream	1 cup	236
Provolone	1 oz	214
Cheddar cheese	1 slice (1 oz)	204
Pink salmon	½ cup (3 ½ oz)	196
Cheese sauce	¼ cup	178
Mushroom soup with whole milk	1 cup	178
Ice cream or ice milk	1 cup	176
American cheese	1 slice (1 oz)	174
Tomato soup with milk	1 cup	159
Mozzarella	1 oz	147
Custard or Pudding	½ cup	145
Mustard greens	½ cup	138
Cream pie	1 pie ( 1/8 pie)	137
Cottage cheese	1 cup (8oz)	136
Sherbet	1 cup	96
Oysters, raw	5-8 medium	94
Broccoli, cooked	1 large stalk	88
Tofu	2 oz	73
Cornbread	1 piece (2oz)	65
Dock (sorrel), cooked	½ cup	55
Flour tortillas	1 each	46
Corn Tortillas	1 each	42
½ & ½ cream	2 tablespoon	32
White bread	1 slice	30

CALCIUM MAY NOT BE AS WELL ABSORBED FROM THESE FOODS DUE TO OXALATE CONTENT:

Cocoa from mix with milk	1 cup	298
Chocolate milk	1 cup	284
Collard greens, cooked	½ cup	152
Turnip greens, cooked	½ cup	138
Spinach, cooked	½ cup	107
Cocoa from mix with water	1 cup	107
Beet greens, cooked	½ cup	99

**FOOD ITEM                      SERVING (oz)                      CALCIUM CONTENT(mg)**

Okra, cooked	8-9 pods	92
Kale, cooked	½ cup	89
Milk chocolate bar	1 bar (1.02oz)	55
Green beans, cooked	½ cup	31

**OXALATE RICH FOOD ITEMS**

**FOOD ITEM                      SERVING(oz)                      CALCIUM CONTENT(mg)**

Beet greens, cooked	½ cup	916
Purslane leaves, cooked	½ cup	910
Rhubarb, stewed no sugar	½ cup	860
Spinach, cooked	½ cup	750
Beets, cooked	½ cup	675
Chard, Swiss leaves cooked	½ cup	660
Rhubarb, canned	½ cup	600
Spinach, frozen	½ cup	600
Beets, pickled	½ cup	500
Poke greens, cooked	½ cup	476
Endive, raw	20 long leaves	273
Cocoa, dry	1/3 cup	254
Dandelion greens, cooked	½ cup	246
Okra, cooked	8-9 pods	146
Potatoes, sweet cooked	½ cup	141
Kale, cooked	½ cup	125
Peanuts, raw	1/3 cup	113
Turnip greens, cooked	½ cup	110

Chocolate, unsweetened	1 oz	91
Parsnips, diced cooked	½ cup	81
Collard greens, cooked	½ cup	74
Pecans, halves,raw	1/3 cup	74
Tea leaves (4min infusion)	1 level tsp on 7oz water	72
Wheat germ	¼ cup	67
Gooseberries	½ cup	66
Potato, Idaho white baked	1 medium	64
Carrots, cooked	½ cup	45
Apple, raw with skin	1 medium	41
Brussel sprouts, cooked	6-8 medium	37
Strawberries, raw	½ cup	35
Celery, raw	2 stalks	34
Milk chocolate bar	1 bar (1.02oz)	34
Raspberries, black, raw	½ cup	33
Orange, edible portion	1 medium	24
Green beans, cooked	½ cup	23
Chives, raw, chopped	1 tbsp	19
Leeks, raw	½ medium	15