



CAPE COD COOPERATIVE EXTENSION

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ARE YOU GETTING ENOUGH CALCIUM?

EVERYONE NEEDS CALCIUM...EVEN YOU!

- Calcium helps keep bones healthy.
- Getting enough calcium helps prevent high blood pressure and colon cancer.
- Getting enough calcium helps you maintain a healthy weight.
- Calcium may even slow the ups and downs of PMS.

Despite all these benefits, close to 75% of all Americans do not get enough calcium. Calcium-rich dairy products supply protein, riboflavin, magnesium and vitamins A, D, B12, and B6.

Dairy Products	Serving	Mg Per Serving
Milk (whole)	1 cup	291
Milk (1%)	1 cup	300
Milk (skim)	1 cup	302
Fortified soy and rice milks	1 cup	300
American cheese 1 ounce	(about 1 slice)	174
Cheddar cheese	1 ounce	191
Monterey jack cheese	1 ounce	212
Mozzarella cheese, part skim	1 ounce	207
Muenster cheese	1 ounce	303
Ricotta cheese, part-skim	1/2 cup	337
Ricotta cheese, whole	1/2 cup	257
Swiss cheese	1 ounce	272
Ice cream	1/2 cup	88
Frozen yogurt	1/2 cup	104
Yogurt, low-fat	1 cup	345-415
Pudding	1/2 cup	150

Protein Foods	Serving	Mg Per Serving
Beans (legumes), cooked	1 cup	90
Soybeans, cooked	1/2 cup	130
Clams	4 ounces	100
Crab	3 ounces	132
Canned salmon (with bones)	3 ounces	167
Canned sardines (with bones)	3 ounces	371
Tofu (if calcium sulfate or calcium lactate is listed on the label)	1/2 cup	434
Hummus	1/2 cup	66
Almonds	1/2 cup	188

Fruits	Serving	Mg Per Serving
Rhubarb	1/2 cup	174
Dried figs	1/2 cup	144
Orange	1	92
Calcium-fortified orange juice	1 cup	300

Vegetables	Serving	Mg Per Serving
Broccoli, cooked	1/2 cup	89
Collard greens, cooked	1/2 cup	74
Kale, cooked	1/2 cup	90
Spinach, cooked	1/2 cup	61

Cereals	Serving	Mg Per Serving
Total	1 cup	282
Raisin Bran	1 cup	200
Basic Four	1 cup	200
Oatmeal	1 cup	170
Life	1 cup	154



Taken in part from: "Are You Getting Enough Calcium?" Penn State University Extension
"Calcium. Are You Getting Enough?" Oregon Dairy Council

Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating.
Barnstable County and UMass Extension offer equal opportunity in programs and employment.

Nutrition Education Program