

Calcium

Recommended daily intake of elemental Calcium is 1000 mg/day for pregnant and lactating women

Food	Amount	Calcium (mg)*
Dairy		
Milk, sheep's	1 cup	470
Milk, goat's	1 cup	325
Milk, cow's	1 cup	300
Yogurt	1 cup (8 oz)	400
Greek yogurt	½ cup (4 oz)	120
Cheddar cheese	1 oz	200
Parmesan cheese	1 tbsp	45
Ice cream	½ cup	84
Cottage cheese	½ cup	125
Dairy alternatives		
Soy milk, calcium fortified	1 cup	200 to 400
Almond milk, calcium fortified	1 cup	200 to 500
Legumes		
Edamame, cooked	½ cup	50
Garbanzo beans, cooked	½ cup	40
Pinto beans, cooked	½ cup	40
Tofu, firm, calcium-set	4 oz	300 to 780
Tofu, regular	4 oz	90 to 170
White beans	½ cup	90
Vegetables		
Arugula, raw	1 cup	30
Bok choy, cooked	½ cup	80
Broccoli, raw	1 cup	45
Broccoli, cooked	½ cup	30
Chard, cooked	½ cup	50
Kale, raw	1 cup	25
Kale, cooked	½ cup	50
Spinach, raw	1 cup	30
Spinach, cooked	½ cup	120
Fruits		
Figs, raw	Two medium	35
Figs, dried	½ cup	120
Kiwi, raw	½ cup	30
Orange juice, calcium fortified	4 oz	175
Orange juice, regular	4 oz	15
Nuts		
Almonds, roasted	1 oz	80
Brazil nuts	1 oz	45
Chia seeds, dried	1 oz	180
Sesame seeds, whole toasted	1 oz	280