

SOURCES OF CALCIUM

FOOD ITEM	SERVING SIZE	CALCIUM CONTENT (mg)	CALORIES
Milk			
• Whole	1 Cup	291	150
• Skim	1 Cup	302	85
• 1%	1 Cup	300	102
• 2%	1 Cup	297	120
Silk Brand Nut Milks (Unsweetened)			
• Almond	1 Cup	450	30
• Cashew	1 Cup	450	25
• Coconut	1 Cup	450	45
Yogurt			
• Plain, low-fat	1 Cup	415	145
• Fruit, low-fat	1 Cup	343	230
Cheese			
• Mozzarella, part-skim	1 oz	207	80
• Cheddar	1 oz	204	115
Cheese Pizza, 1/8 of 15"	1 Slice	220	290
Macaroni and Cheese	1 Cup	200	230
Oatmeal, Instant	1 Packet	160	105
Pancakes, from mix	1 4" round	30	60
Wheat Bread	1 Slice	30	65
Tomato Soup (with milk)	1 Cup	160	160
Pork and Beans	1 Cup	140	310
Salmon, canned with bones	3 oz	167	120
Broccoli, raw	1 Spear	72	40
Broccoli, Cooked	1 Cup	354	45

MAY-GRANT IS A LEADING OBGYN PROVIDER IN LANCASTER AND LEBANON COUNTY
AND A PROUD MEMBER OF

