



## Calcium Levels in Common Foods

This information downloaded from the Dr. Gourmet website. For more information on eating healthy and eating well, visit [www.drgourmet.com](http://www.drgourmet.com).

Food	Serving	Calcium (in milligrams)
Yogurt, low-fat	1 cup	447
Soy milk, fortified	1 cup	400
Sesame seeds	0.25 cup	351
Fortified Cereal	1 cup	300
Fortified Orange Juice	1 cup	300
Cow's milk, 2%	1 cup	297
Spinach, boiled	1 cup	245
Collard greens, boiled	1 cup	226
Turnip greens, cooked	1 cup	197
Mozzarella cheese, part-skim	1 oz-wt	183
Soybeans, cooked	1 cup	180
Broccoli	1 cup	160
Waffle, fortified	1	150
Almonds	2 oz.	150
Navy Beans	1 cup	130
Spinach, cooked	1/2 cup	130
Black Beans	1 cup	120
Blackstrap molasses	2 tsp	118
Mustard greens, boiled	1 cup	104
Swiss chard, boiled	1 cup	102
Tofu, raw	4 oz-wt	100
Greens, mustard	1/2 cup	100
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Kale, boiled	1 cup	94
Kale, cooked	1/2 cup	90
Bok Choy	1/2 cup	80
Oysters	3 oz.	80
Broccoli, steamed	1 cup	75
Basil, dried, ground	2 tsp	63
Green beans, boiled	1 cup	58
Cinnamon, ground	2 tsp	56
Brussels sprouts, boiled	1 cup	56
Thyme, dried, ground	2 tsp	54
Oranges	1 each	52
Garlic	1 oz-wt	51
Corn Tortilla	1, 6 inch	50
Summer squash, cooked, slices	1 cup	49
Celery, raw	1 cup	48
Oregano, dried, ground	2 tsp	47
Cabbage, shredded, boiled	1 cup	47
Fennel, raw, sliced	1 cup	43
Romaine lettuce	2 cup	40

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Tofu	1 cup	40
Mustard seeds	2 tsp	39
Dill weed	2 tsp	36
Asparagus, steamed	1 cup	36
Kelp	0.25 cup	34
Rosemary, dried	2 tsp	28
Crimini mushrooms	5 oz-wt	26