

Foods High in Calcium

Food sources of Calcium¹

Food Group	Item	Amount of Calcium (mg)	Serving size
Dairy and alternatives	Cow's milk*	333	1 cup
	Soy, almond, cashew or rice beverage, enriched	333	1 cup
	Yogurt*	183	1/2 cup
	Cheese, cheddar, mozzarella or Swiss	183	25g or 1 slice
	Cottage cheese	73	1/2 cup
Seafood	Sardine, Atlantic	405	1 can
	Sardine, Pacific	254	1 can
	Salmon, pink	208	1 can
	Scallop	90	6 medium cooked
	Clam, mixed species	85	1/2 cup cooked
	Bass	77	75g cooked
	Pickrel (Walleye)	106	75g cooked
Legume and nut	Tofu, firm or extra-firm	234	150g
	White bean	151	3/4 cup cooked
	Soybean	139	3/4 cup cooked
	Navy bean	98	3/4 cup cooked
	Almond, roasted	93	1/4 cup
Vegetable	Spinach	258	1 cup cooked
	Bok Choy	168	1 cup cooked
	Swiss chard	104	1 cup cooked
	Edamame	98	1 cup cooked
	Acorn squash	96	1 cup cooked

* Averages were taken among similar products



Recommended intake of Calcium²

Age or Subgroup		Recommended Dietary Allowance (RDA)(mg/day)
Infant	7-12 months	260
Children	1-3 years	700
	4-8 years	1000
	9-12 years	1300
Females	14-18 years	1300
	19-50 years	1000
	>51 years	1200
Males	14-18 years	1300
	19-70 years	1000
	>70 years	1200

Reference:

1. Health Canada. (2008). *Nutrient Value of Some Common Foods*. Ottawa, ON: Minister of Health
2. Government of Canada. (2010). *Dietary Reference Intake Tables*. Ottawa, ON: Canada.ca

