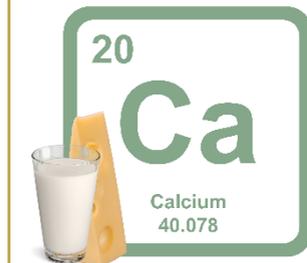




جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Calcium in Food Content



High Calcium

(200 mg or more)



FOOD	SERVING	MG
CEREAL BAR, CALCIUM FORTIFIED	1 each	300
CEREAL, CALCIUM FORTIFIED	½ cup	200-670
CHEESE: CHEDDAR, MOZZARELLA, MUIENSTER	1 oz.	205
CHEESE: PROVOLONE, JACK, SWISS	1 oz.	220
CHEESE, RICOTTA, PART SKIM	½ cup	335
FISH, SARDINES, DRAINED	3 oz.	325
MILK, BUTTERMILK	1 cup	285
MILK, DRY SOLIDS	¼ cup	210
MILK, EVAPORATED	1 cup	660
MILK, NONFAT	1 cup	305
MILK, REDUCED FAT	1 cup	285
MILK, WHOLE	1 cup	275
SOY OR RICE MILK, CALCIUM FORTIFIED	1 cup	300-370
TOFU, FORTIFIED W/ CA SULFATE OR LACTATE	¼ cup	215
YOGURT, FRUIT OR PLAIN	8 oz.	275-450

Moderate Calcium

(200 mg – 50 mg)



FOOD	SERVING	MG
ALMONDS	1 oz.	75
BEANS, WHITE, CANNED	½ cup	95
CHEESE, AMERICAN	1 oz.	160
CHEESE, BLUE OR FETA	1 oz.	145
CHEESE, PARMESAN	2 tbsp.	110
CHOCOLATE	1.5 oz. bar	85
CLAMS, CANNED	3 oz.	80
COTTAGE CHEESE, LOWFAT (1%)	½ cup	80
CRAB, CANNED	3 oz.	85
DRIED BEANS AND PEAS	½ cup	50-100
FIGS, DRIED	5 each	135
FISH, SALMON, CANNED WITH BONES	3 oz.	180
FROZEN YOGURT OR ICE MILK	½ cup	105
GREENS, BEET	½ cup	80
GREENS, TURNIP	½ cup	100

Moderate Calcium

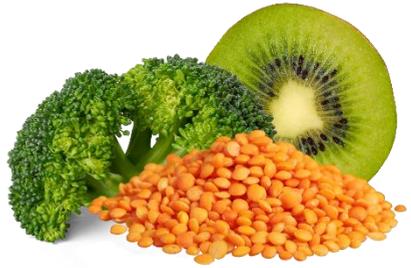
(200 mg – 50 mg)



FOOD	SERVING	MG
HUMMUS	½ cup	65
ICE CREAM, LIGHT	½ cup	110
ICE CREAM, REGULAR	½ cup	85
KALE, FROZEN	½ cup	90
KALE, RAW	1 cup raw	90
OATMEAL	½ cup	85
OKRA	½ cup	90
ORANGE	1 each	50
ORANGE JUICE, CALCIUM FORTIFIED	½ cup	175-200
OYSTERS	1 each	80
SOY MILK, NOT FORTIFIED	1 cup	60
SOYBEANS	½ cup	130
SPINACH	½ cup	135
SWEET POTATO, BAKED W/ SKIN	1 medium	55
TORTILLAS, 6" FLOUR	2 each	80

Low Calcium

(less than 50 mg)



FOOD	SERVING	MG
BLACKBERRIES	½ cup	20
BREAD, WHOLE GRAIN & WHITE	1 slice	30-35
BROCCOLI	½ cup	30
BROCCOLI, RAW	½ cup	20
CABBAGE, CHINESE, RAW	½ cup	35
CHEESE, CREAM	1 oz.	20
EGG, WHOLE	1 large	25
GREEN BEANS	½ cup	25
KIWI	1 medium	25
LENTILS	½ cup	20
NUTS, MOST VARIETIES	1 oz.	30
PEAS, GREEN, FROZEN	½ cup	20
SEEDS, SUNFLOWER	1 oz.	20
SHRIMP	3 oz.	30

Low Calcium

(less than 50 mg)



FOOD	SERVING	MG
SHRIMP	3 oz.	30
SOUR CREAM	2 tbsp.	30
SPINACH, RAW	1 cup	30
SQUASH	½ cup	25
TANGERINE	1 each	30
TOFU, UNFORTIFIED	½ cup	20
BUTTER AND OILS	1 tbsp.	Less than 20 mg
FRUIT AND FRUIT JUICE	1 each or ½ cup	Less than 20 mg
MEAT AND POULTRY	1 oz.	Less than 20 mg
POPCORN	1 cup	Less than 20 mg
RICE	½ cup	Less than 20 mg
TUNA, CANNED	3 oz.	Less than 20 mg
VEGETABLES NOT PREVIOUSLY LISTED	½ cup	Less than 20 mg

Sources and references:

Academy of Nutrition and Dietetics
nutrition care manual 2021 – 2022

All used pictures are from Canva.

Review and Auditing:

The content of this booklet was written and reviewed by clinical nutrition
specialists at King Fahd University Hospital

Clinical Nutrition Department

Health Awareness Unit

IAU-22-103



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University