

The recommended daily intake of calcium for men and women 19-50-years-old is 1000 mg. For women ages 51-70, the recommended amount is 1200 mg, and men from 51-70 should strive for 1000 mg. Men and women who are 71 years or older need 1200 mg daily.

Food	Milligrams (mg) per serving	Percent DV*
Yogurt, plain, low fat, 8 oz.	415	42
Mozzarella, part skim, 1.5 oz.	333	33
Sardines, canned in oil, with bones, 3 oz.	325	33
Yogurt, fruit, low fat, 8 oz.	313-384	31-38
Cheddar cheese, 1.5 oz.	307	31
Milk, nonfat, 8 oz.	299	30
Soy milk, calcium-fortified, 8 oz.	299	30
Milk, reduced-fat (2% milk fat), 8oz.	293	29
Milk, buttermilk, lowfat, 8oz.	284	29
Milk, whole (3.25% milk fat), 8 oz.	276	28
Tofu, firm, made with calcium sulfate, 1/2 cup***	253	25
Salmon, pink, canned, solid with bone, 3 oz.	181	18
Cottage cheese, 1% milk fat, 1 cup	138	14
Tofu, soft, made with calcium sulfate, 1/2 cup	138	14
Ready-to-eat cereal, calcium fortified, 1 cup	100-1,000	10-100
Frozen yogurt, vanilla, soft serve, 1/2 cup	103	10
Turnip greens, fresh, boiled, 1/2 cup	99	10
Kale, raw, chopped, 1 cup	100	10
Kale, fresh, cooked, 1 cup	94	9
Ice cream, vanilla, 1/2 cup	84	8
Chinese cabbage, bok choy, raw, shredded, 1 cup	74	7
Bread, white, 1 slice	73	7
Pudding, chocolate, ready to eat, refrigerated, 4 oz.	55	6
Tortilla, corn, ready-to-bake/fry, one 6" diameter	46	5
Tortilla, flour, ready-to-bake/fry, one 6" diameter	32	3
Sour cream, reduced-fat, cultured, 2 tablespoons	31	3
Bread, whole-wheat, 1 slice	30	3
Broccoli, raw, 1/2 cup	21	2
Cheese, cream, regular, 1 tbsp.	14	1

Percent DV (Daily Value) is based on a 2,000 calorie diet for healthy adults. Your individual calories needs may vary.

For more information: <https://www.nof.org/patients/treatment/calciumvitamin-d/a-guide-to-calcium-rich-foods/>