

Calcium Content of Foods

How much Calcium do you need per day?

Age	Calcium (mg) per day
1 - 3 year old	500mg
4 - 8 year old	800mg
9 - 18 year old	1300mg
19 - 50 year old	1000mg
51 - 70 year old	1200mg
70 & Older	1200mg

Common Food	Serving size	Calcium (mg)
Milk	Cup	Calcium (mg)
Milk, semi-skimmed	1 cup	300mg
Milk, skimmed	1 cup	305mg
Milk, whole	1 cup	295mg
Milkshake	1 cup	450mg
Sheep milk	1 cup	475mg
Coco milk	1 cup	68mg
Soy drink (non-enriched)	1 cup	33mg
Soy drink, calcium-enriched*	1 cup	300mg
Rice drink	1 cup	28mg
Oat milk	1 cup	20mg
Almond milk	1 cup	113mg
Yogurt	Cup	Calcium (mg)
Flavored Yogurt	1 cup	276mg
Yogurt with fruit pieces	1 cup	237mg
Natural Yogurt	1 cup	290mg

Cheese	Gram	Calcium (mg)
Hard cheese (e.g. Cheddar, Parmesan, Emmental, Gruyere)	30g	240mg
Fresh cheese (e.g. Cottage cheese, Ricotta, Mascarpone)	200g	138mg
Soft cheese (e.g. Camembert, Brie)	60g	240mg
Feta	60g	270mg
Mozzarella	60g	242mg
Cream cheese	30g	180mg
Cream and Desserts	milliliter/gram	Calcium (mg)
Cream double whipped	30ml	21 mg
Cream full	30ml	21 mg
Custard made with milk, vanilla	120g	111mg
Ice cream, vanilla	100g	124mg
pudding, vanilla	120g	120mg
Rice pudding	200g	210mg
Pancake	80g	62mg
Cheese cake	200g	130mg
Waffle	80g	47mg
Meat, Fish, Eggs	Gram	Calcium (mg)
Egg	50g	27mg
Red Meat	120g	7mg
Chicken	120g	17mg
Fish (e.g. Cod, Trout, Herring, Whitebait)	120g	20mg
Tuna, canned	120g	34mg
Sardines in oil, canned	60g	240mg
Smoked salmon	60g	9mg
Shrimp	150g	45mg

Beans and Lentils	Gram	Calcium (mg)
Lentils	80 raw / 200 cooked	40mg
Chick peas	80 raw / 200 cooked	99mg
White beans	80 raw / 200 cooked	132mg
Red beans	80 raw / 200 cooked	93mg
Green/French beans	900 cooked	50mg
Starchy Foods	Gram	Calcium (mg)
Pasta (cooked)	180g	26mg
Rice, White (boiled)	180g	4mg
Potatoes (boiled)	240g	14mg
White bread	40 (slice)	6mg
Wholemeal bread	40 (slice)	12mg
Muesli (cereals)	50g	21mg
Naan	60g	48mg
Fruits	Gram	Calcium (mg)
Orange juice, calcium fortified	128g	300mg
Orange juice, from concentrate	128g	20mg
Orange	150g	60mg
Apple	120g	6mg
Banana	150g	12mg
Apricot	120 (3 pieces)	19mg
Figs, dried	60g	96mg
Raisins (dried grapes)	40g	31mg
Vegetables	Gram	Calcium (mg)
Lettuce	50g	19mg
Kale, Collard greens	50g (raw)	32mg
Bok Choy / Pak Choi	50g (raw)	20mg
Broccoli	120g (raw)	112mg
Gombo / Okra	120g (raw)	77mg
Cress	120g (raw)	188mg
Rhubarb	120g (raw)	103mg
Carrots	120g (raw)	36mg
Spinach, cooked	128g	240mg
Tomatoes	120g (raw)	11mg

Nuts and Seeds	Gram	Calcium (mg)
Almonds	30g	75mg
Walnuts	30g	28mg
Hazelnuts	30g	56mg
Brazil Nuts	30g	28mg
Sesame seeds	30g	22mg
Tahini Paste	30g	42mg
Processed foods	Gram	Calcium (mg)
Quiche (cheese, eggs)	200	212
Omelet with cheese	120	235
Pasta with cheese	330	445
Pizza	300	378
Lasagna	300	228
Cheeseburger	200	183
Other foods	Gram	Calcium (mg)
Tofu, firm	64g	250mg-750mg
Tofu, soft regular	64g	120mg-390g
Wakeme	100g	150mg
Seaweed	100g	70mg