

DAIRY DIETARY SOURCES OF ELEMENTAL CALCIUM

MILK (1 cup)	CALCIUM (mg)	YOGURT (8 oz.) (mg)	CALCIUM
Nonfat (skim)	302	Nonfat, plain	452
Low-fat (2% fat)	297	Low-fat, plain	415
Whole (3.3%)	291	Whole, plain	274
Buttermilk	285		
CHEESE (1 oz.)		FROZEN DAIRY (1 cup)	
Swiss	273	Yogurt, vanilla	249
Cheddar	205	Ice cream, vanilla	176
Mozzarella (skim)	183	Ice milk, vanilla	176
American	163		
Blue	150		
Cottage (low-fat) ½ cup	77		

NONDAIRY DIETARY SOURCES OF ELEMENTAL CALCIUM

SEAFOOD	CALCIUM (mg)
Sardines (with bones) 4 oz	496
Salmon (pink, canned) 6 oz	333
Oysters (fresh, raw) 8oz	213
Shrimp (canned) 3 oz	98
Lobster 3 oz	55
NUTS	
Almonds ½ cup	152
Brazil nuts ½ cup	130
Peanuts (roasted) 1 cup	104
VEGETABLES	
Mustard greens 1 cup	193
Okra 1 cup	147
Broccoli 1 cup	136
Turnip greens (raw) ½ cup	126