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Calcium Rich Foods

Calcium is needed to build your baby's bones and teeth and to keep yours strong too. You and baby need 3-4 servings of calcium rich foods/beverages daily. Dairy foods are very high in calcium, see the values given in the following table.

| Food | Calcium mg |
|--|------------|
| Calcium in Dairy Products | |
| Skim Milk 1 cup | 301 |
| Whole Milk 1 cup | 290 |
| Plain Low fat Yogurt 1 cup | 415 |
| Cow Milk Cottage Cheese (Paneer) 1 cup | 208 |
| Baffalo Milk Cottage Cheese (Paneer) 1 cup | 480 |
| Feta cheese 40 g | 144 |
| Whipped Cream, 15 g | 13 |
| Calcium in Beans & Grains | |
| White beans 3/4 cup | 120 |
| Navy beans 3/4 cup | 94 |
| Black Turtle beans 3/4 cup | 75 |
| Chickpeas (Chhole) 3/4 cup | 58 |
| Tofu 150g | 350 |
| Soy bean curd slab 150g | 310 |
| Cooked Soy bean 1 cup | 130 |
| Instant oats, 1 pkt | 165 |
| Calcium in Nuts | |
| Almonds roasted 1/4 cup | 93 |
| Brazil Nuts 20 g | 34 |
| Hazlenuts 20 g | 28 |
| Walnuts 20 g | 19 |
| Almonds butter 2 Tbsp | 88 |
| Sesame seeds 12 g | 80 |
| Rice, plain, boiled 180 g | 32 |
| Calcium in Vegetables & Fruits | |
| Cabbage/bok choy 1/2 cup | 190 |

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| Turnip greens 1/2 cup | 104 |
| Broccoli 1/2 cup | 33 |
| Okra 1/2 cup | 65 |
| Orange 1/2 cup | 52 |
| Orange juice fortified with calcium 1/2 cup | 165 |
| Calcium in Fish | |
| Sardines in oil, tinned, 100 g | 500 |
| Salmon, tinned, 100 g | 91 |
| Fish paste, 35 g | 98 |
| Calcium in Breads, Pizza | |
| White bread, 1 slice 30 g | 53 |
| Wholemeal bread, 1 slice 30 g | 32 |
| Muesli, Swiss style, 50 g | 55 |
| Lasagne, 400 g | 400 |
| Pizza, cheese & tomato, 410 g | 873 |
| Pasta, plain, cooked, 230 g | 85 |

From the above list you can choose foods high in Calcium.

Following is a list of foods that give you more than 300 mg of calcium per 100 gm of that food.

- Milk and milk products
- Cereals and Grains
- Vegetables: Green leafy vegetables are an excellent source of calcium. Beetroot greens, Drumstick leaves, Fenugreek leaves, Turnip greens, Lotus stems, Curry leaves
- Spices: Cumin, Coriander, Cloves, Asafoetida (Hing), Oregano (Ajwain), Mustard seeds
- Fish