

Food Source	Portion	Amount of Calcium [milligrams]
Sardines (canned)	3.5 oz	370
Milk (whole, 2%, 1%, skim)	1 cup	300
Yogurt (plain, low fat)	3/4 cup	300
Calcium enriched orange juice	1 cup	300
Fortified rice beverage	1 cup	300
Fortified soy beverage	1 cup	300
Sea cucumber	3 oz	285
Cheese (processed slices)	2 slices	265
Cheese (hard)	1 oz	240
Salmon (canned with bones)	3 oz	180
Brown sugar	1 cup	180
Shrimps (small, dried)	1 oz	167
Amaranth (raw)	1/2 cup	150
Seaweed (dry hijiki) *Laver, wakame and nori seaweeds are low in calcium	10 grams	140
Tofu (made with calcium sulfate)	3.5 oz	125
White beans	1/2 cup	100
Almonds (dry, roasted)	1/4 cup	95
Turnips (green)	1/2 cup	95
Sesame (whole seeds, white or black)	1/2 cup	90
Ice cream	1/2 cup	85
Chinese cabbage (bok choy)	1/2 cup	75
Navy beans	1/2 cup	60
Orange	1 medium	55
Brazil, hazelnuts	1/4 cup	55
Dried figs	2 medium	54
Kale	1/2 cup	50
Mustard greens	1/2 cup	50
Black turtle beans	1/2 cup	50
Almond butter	1 tbsp	43
Whole wheat flour	1 cup	40
Rutabaga	1/2 cup	40
Pinto beans, chickpeas	1/2 cup	40
Broccoli	1/2 cup	35
Soy beverage (regular)	1 cup	20

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