



Calcium Content of Common Foods



Below is a list of the calcium content of different foods.

Serving sizes are based on average portions, and calcium content is approximate.*

MILK & MILK DRINKS

Food (1 cup)	Calcium (mg)
Milk, semi-skimmed	294
Milk, skimmed	299
Milk, whole	289
Milkshake	441
Sheep Milk	466
Soy Drink (non-enriched)	32
Soy Drink (calcium-enriched*)	294
Rice Drink (non-enriched)	27
Oat Milk (non-enriched)	20
Almond Milk (non-enriched)	110

YOGHURT

Food (1 cup)	Calcium (mg)
Yoghurt, flavoured	322
Yoghurt, with fruit pieces	276
Yoghurt, natural	338

CHEESE

Food	Serving	Calcium (mg)
Hard Cheese (e.g. Cheddar, Parmesan, Emmental, Gruyère)	1 oz	224
Fresh Cheese (e.g. Cottage Cheese, Ricotta, Mascarpone)	1 cup	156
Soft Cheese (e.g. Brie, Camembert)	1 oz	112
Feta	1 oz	126
Mozzarella	1 oz	113
Cream Cheese	1 tbsp	15

CREAM & DESSERTS

Food	Serving	Calcium (mg)
Cream, double, whipped	1 fl. oz	21
Cream full	1 fl. oz	21
Custard made with milk, vanilla	1/2 cup	130
Ice Cream, vanilla	1/2 cup	82
Pudding, vanilla	1 container (3 1/2 oz)	97
Rice Pudding	1/2 cup	131
Pancake	3 pancakes (3 3/4 oz)	81
Cheesecake	1 slice (3 oz)	55
Waffle, round, 7" diameter	1 waffle, (2 2/3 oz)	44

MEAT, FISH AND EGGS

Food	Serving	Calcium (mg)
Egg	1 large (1 3/4 oz)	27
Red Meat	3 oz	5
Chicken	3 oz	12
Fish (e.g. Cod, Trout, Herring, Whitebait)	3 oz	14
Tuna, canned	3 oz	24
Sardines in Oil, canned	1 can (3 3/4 oz)	368
Smoked Salmon	3 oz	13
Shrimp	3 oz	26



FRUITS

Food	Serving	Calcium (mg)
Orange	1 fruit (2 5/8" dia)	52
Apple	1 medium (3" dia)	9
Banana	1 medium (7" to 7 7/8" long)	9
Apricot	1 fruit	5
Currant (dried gooseberry)	1 cup	86
Figs, dried	1 cup	238
Raisins (dried grapes)	1 oz (60 raisins)	22



VEGETABLES

Food	Serving	Calcium (mg)
Lettuce	1 cup	14
Kale, Collard Greens	1 cup (raw)	13
Bok Choy/Pak Choi	1 cup (raw)	28
Gombo/Okra	1 cup (raw)	64
Cress	1 cup (raw)	78
Rhubarb	1 cup (raw, sliced)	105
Carrots	1 cup (raw sliced)	37
Tomatoes	1 cup (raw chopped)	17
Broccoli	1 cup (raw chopped)	85



BEANS & LENTILS

Food	Serving	Calcium (mg)
Lentils	1/2 cup raw	48
Chick Peas	1/2 cup raw	124
White Beans	1/2 cup raw	167
Red Beans	1/2 cup raw	107
Green/French Beans	1 cup	7



STARCHY FOODS

Food	Serving	Calcium (mg)
Pasta (cooked)	1 cup	17
Rice, White (boiled)	1 cup	4
Potatoes (boiled)	1 cup	9
White Bread	1 slice (oz)	4
Wholemeal Bread	1 slice (oz)	8
Muesli (cereals)	2/3 cup	23
Naan	1 piece (3 oz)	68



NUTS & SEEDS

Food	Serving	Calcium (mg)
Almonds	1 oz	70
Walnuts	1 oz	26
Hazelnuts	1 oz	52
Brazil Nuts	1 oz	26
Sesame Seeds (hulled)	1 tbsp	11
Tahini Paste	1 tbsp	21



PROCESSED FOODS

Food	Serving	Calcium (mg)
Quiche (cheese, eggs)	1 piece (1/8 of 9" dia)	203
Omelet with Cheese	2 oz (1 egg)	127
Pasta with Cheese	1 cup	337
Pizza, (3 3/4 oz, 1/8 of 14" dia pizza)	1 slice	135
Lasagna	1 cup	171
Cheeseburger	1 large (10 oz)	256



OTHERS

Food	Serving	Calcium (mg)
Tofu	1/2 cup	132
Seaweed	2 tbsp	7
Wakame	2 tbsp	15

*Please note that the calcium content given for the foods listed is approximate, as calcium content varies depending on the method of production or brand. Some of the foods listed may be available as calcium-enriched products in some countries (e.g. non-dairy drinks, cereals, breads).