

Calcium-Rich Diet



The University of Rochester Medical Center's commitment to help Rochester become America's healthiest community by 2020

Purpose:

To promote development and maintenance of strong bones and teeth.

Description:

A calcium-rich diet should include a variety of calcium-rich foods at meals and snacks in order to meet calcium requirements, which are based on the age of the individual. Most adult women need between 1000-1500 mg of calcium per day.

Indications for Use:

The calcium-rich diet can be used for individuals with inadequate calcium intake and for individuals at risk for osteoporosis.

Calcium Content of Common Foods:

Milk products are primary sources of calcium, especially for children and adolescents. Other nondairy calcium sources include some deep-green leafy vegetables, fish with edible bones, tofu made with calcium, legumes and certain foods that may be fortified with calcium, such as orange juice and some soy beverages. Since milk products are the most common sources of calcium in the diet, meals must be carefully planned if milk products are restricted due to a dislike, allergy or vegetarianism.

Most individuals who are lactose intolerant are able to consume dairy products that are low in lactose, such as firm cheese and yogurt. Some individuals may also be able to tolerate 2 cups of milk daily when consumed with a meal and spaced throughout the day.

Food

Serving Size Calcium (mg)

Yogurt, plain, nonfat	1 cup	450
Yogurt, plain, low-fat	1 cup	15
Yogurt, fruit	1 cup	315
Milk, fat-free	1 cup	300
Milk, reduced-fat	1 cup	295
Milk, whole	1 cup	290
Chocolate milk, low- or reduced-fat	1 cup	285
Calcium-fortified soy beverage	1 cup	250-300
Swiss cheese	1 oz	270
Tofu, processed with calcium sulfate	1 cup	260
Calcium-fortified orange juice	1 cup	308-344
Cheese Pizza	1/8 of 15-in pizza	220
Cheddar Cheese	1 oz	205
Salmon, canned with edible bones	3 oz	205
Mozzarella cheese, part skim	1 oz	85
Macaroni and cheese, baked	1/2 cup	180
Blackstrap molasses	1 tbsp	170
Pudding	1/2 cup	15
Frozen yogurt	1/2 cup	105
Sardines, with edible bones	1 oz	90
Ice cream	1/2 cup	85
Dried figs	3	80
Cottage cheese	1/2 cup	75
Tempeh	1/2 cup	75
Parmesan cheese	1 tbsp	70
Milk-chocolate bar	1 oz	70
Orange	1 medium	50
Broccoli, raw	1/2 cup	45
Anchovies, with edible bones	5	45
Tortilla, made from lime-processed corn	1	45
Pinto beans	1/2 cup	40
Rutabaga	1/2 cup	35
Cream cheese	2 tbsp	25
Lettuce greens	1/2 cup	10
Tuna, canned	3 oz	10

Source: adapted from the American Dietetics Association's Manual of Clinical Dietetics, 6th ed.

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Anything's possible.

STRONG HEALTH