

Calcium Foods Chart

JustChartit.com



Cooked

Spinach

Calcium: **245 mg**

Serving Size: **1 Cup**



Cooked

Bok choy

Calcium: **158 mg**

Serving Size: **1 Cup**



Cooked

Kale

Calcium: **177 mg**

Serving Size: **1 Cup**



Cooked

Broccoli

Calcium: **62 mg**

Serving Size: **1 Cup**



Fresh

Dried

Figs

Calcium: **135 mg**

Serving Size: **5 pieces**



Oranges

Calcium: **55 mg**

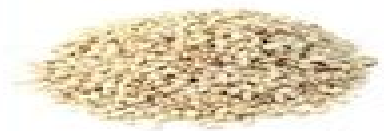
Serving Size: **1 Whole**



Almonds

Calcium: **92 mg**

Serving Size: **1/4 cup**



Sesame seeds

Calcium: **88 mg**

Serving Size: **1 tablespoon**



Chia seeds

Calcium: **78 mg**

Serving Size: **1 tablespoon**



plain (low-fat)

Greek yogurt

Calcium: **261 mg**

Serving Size: **8 ounces**



Cheddar cheese

Calcium: **200 mg**

Serving Size: **1 ounce**



2% fat

Cottage cheese

Calcium: **227 mg**

Serving Size: **1 Cup**



whole milk

Ricotta cheese

Calcium: **289 mg**

Serving Size: **1/2 cup**



1% fat

Milk

Calcium: **125 mg**

Serving Size: **100 grams**



Apple

Calcium: **6 mg**

Serving Size: **100 grams**



Banana

Calcium: **5 mg**

Serving Size: **100 grams**

Food Values Calcium

PT Brinkman

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the slide.

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