

Calcium Rich Foods

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
Buffalo 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
Hazelnuts 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
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 chose 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.

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