

High Calcium Foods

Calcium is a necessary ingredient for healthy bones. In order for calcium to be absorbed and utilized, it is important to have enough vitamin D, magnesium, vitamin K and other nutrients. *To learn more visit Margiebissinger.com*

Leafy Green Vegetables (cooked)	Serving	Mg
Bok choy	1 cup shredded	158
Broccoli	1 cup chopped	62
Collard greens	1 cup chopped	268
Dandelion greens	1 cup chopped	147
Kale	1 cup chopped	94
Mustard greens	1 cup chopped	165
Okra	1 cup sliced	124
Turnip greens	1 cup chopped	197

Fish	Serving	Mg
Lobster (cooked)	3 ounces	82
Oysters (mollusks, wild, raw)	1 cup	146
Sardines (with bones)	3.75 ounce can	375
Salmon (coho – wild)	1 fillet (310g)	142
Salmon (pink, canned and drained)	3 ounces	242
Salmon (sockeye, canned and drained)	3 ounces	197
Shrimp (cooked)	3 ounces	60

Dairy	Serving	Mg
Cheese (cheddar)	1 ounce	191
Cheese (gruyere)	1 ounce	287
Cheese (mozzarella)	1 ounce	203
Cheese (parmesan -grated)	1 tablespoon	43
Cheese (romano)	1 ounce	302
Cheese (swiss)	1 ounce	224
Frozen yogurt (vanilla)	½ cup	103
Ice cream (soft serve)	½ cup	113
Milk (fat free)	1 cup	299
Milk (2%)	1 cup	293
Milk (whole)	1 cup	276
Yogurt (plain, whole milk)	8 ounces	275

Certain high calcium foods that are high in oxalates were not included in this chart such as beet greens, spinach, swiss chard and unhulled sesame seeds. According to the National Osteoporosis Foundation, “Your body doesn’t absorb calcium well from foods that are high in oxalates (oxalic acid) such as spinach...These foods contain other healthy nutrients but just shouldn’t be counted as sources of calcium.”

High Calcium Foods

Spices	Serving	Mg
Basil (dried)	1 tablespoon	101
Celery seed	1 tablespoon	115
Cinnamon (ground)	1 tablespoon	78
Dill seed	1 tablespoon	100
Oregano (ground)	1 tablespoon	87
Savory (ground)	1 tablespoon	94
Thyme (ground)	1 tablespoon	81

Beans	Serving	Mg
Black beans (canned)	1 cup	84
Black beans (turtle, cooked)	1 cup	102
Garbanzo beans (canned, drained)	1 cup	114
Garbanzo beans (cooked)	1 cup	65
Navy beans (canned)	1 cup	123
Pinto beans (canned/drained and rinsed)	1 cup	108
Tempeh (cooked)	3.5 ounces	96
White beans (canned)	1 cup	191

Nuts and Seeds	Serving	Mg
Almonds	1 cup whole	385
Brazil nuts	1 cup whole	213
Chia seeds	1 tablespoon	90
Flax seeds	1 tablespoon	26
Hazelnuts	1 cup whole	154
Pecans	1 cup chopped	76
Pumpkin seeds	1 cup	59
Sunflower seeds	1 cup (hulled)	109
Walnuts	1 cup chopped	115

Other Sources	Serving	Mg
Almond milk	1 cup	116
Hummus (home prepared)	1 cup	121
Hummus (commercial)	1 cup	93
Kelp (raw)	1 cup	136
Oranges	1 medium	52
Prunes	1 cup	95
Wakame (raw)	1 cup	120

Compiled by Margie Bissinger, MS, PT, CHC

For more information on incorporating calcium and other important bone building nutrients into your diet, contact Margie Bissinger at Margie@margiebissinger.com