

CALCIUM CONTENT OF SOME COMMON FOODS

DAIRY PRODUCTS	ELEMENTAL CALCIUM	FRUITS AND NUTS	ELEMENTAL CALCIUM
Milk, skim - 250 mL (1 cup)	317 mg	Rhubarb, cooked - 125 mL (½ cup)	112 mg
Milk, 2% - 250 mL (1 cup)	315	Orange - 1 medium	54
Milk, whole - 250 mL (1 cup)	306	Cherries - 250 mL (1 cup)	30
Milk pudding - 125 mL (½ cup)	239	Cantaloup - ½ medium	27
Yoghurt, partially skim milk, average - 125 g (4 oz.)	176	Figs, dried - 1 large	26
Ice cream, hard - 125 mL (½ cup)	92	Grapefruit - ½ medium	19
Cheese:		Apricots - 3	18
Swiss - 45 g (1½ oz.)	432	Pear - 1 medium	13
Cheddar - 45 g (1½ oz.)	324	Banana - 1 medium	10
Mozzarella - 45 g (1½ oz.)	233	Peach - 1 medium	9
Parmesan, grated - 15 mL (1 tbsp.)	96	Apple - 1 medium	8
Cottage, 2% fat - 125 mL (½ cup)	80	Almonds - 125 mL (½ cup)	175
Processed spread - 15 mL (1 tbsp.)	79	Brazil nuts - 125 mL (½ cup)	128
		Peanuts - 125 mL (½ cup)	56
		Peanut butter - 15 mL (1 tbsp.)	9
CEREALS	ELEMENTAL CALCIUM	MEAT, FISH AND EGGS	ELEMENTAL CALCIUM
White bread - 1 slice	20 mg	Sardines, with bones, canned - 7 medium	393 mg
100% Whole wheat bread - 1 slice	50	Salmon, with bones, canned - 90 g (3 oz.)	100
Bran muffin - 1	35	Shrimp, canned - 10 medium	35
Hard roll - 1	32	Cod, fresh - 90 g (3 oz.)	28
White cake, chocolate icing - 1 slice	70	Oysters, raw - 3 small	28
Chocolate chip cookie - 1	4	Tuna, canned - 125 mL (½ cup)	7
Cream of wheat, cooked - 125 mL (½ cup)	102	Egg - 1	28
Branflakes with raisins - 200 mL (¾ cup)	19	Beef, lamb, veal, roasted - 90 g (3 oz.)	10
Oatmeal, cooked - 125 mL (½ cup)	11	Beef liver - 90 g (3 oz.)	10
Rice, parboiled, cooked - 250 mL (1 cup)	35	Pork, roasted - 90 g (3 oz.)	9
		Chicken, roasted - 90 g (3 oz.)	8
		Weiner - 1	3
		Bacon - 2 slices	2
VEGETABLES	ELEMENTAL CALCIUM		ELEMENTAL CALCIUM
Broccoli - 1 stalk	158 mg	Beans, yellow/green - 125 mL (½ cup)	33 mg
Spinach, cooked - 125 mL (½ cup)	88	Squash, cooked - 125 mL (½ cup)	27
Turnips - 125 mL (½ cup)	63	Tomatoes - 1 medium	20
Lima Beans - 125 mL (½ cup)	42	Peas - 125 mL (½ cup)	19
Red kidney beans - 125 mL (½ cup)	39	Carrots, raw - 1 medium	18
Cabbage, cooked - 125 mL (½ cup)	34	Potatoes, cooked and peeled - 1 medium	10
Lettuce - 2 large leaves	34		
When extra calcium is needed for the maintenance of bones and teeth: Calsan® Chewable Tablets (calcium carbonate) 1 Tablet = 500 mg elemental calcium Calsan® Soft Gelatin Capsules (calcium carbonate) 1 Capsule = 500 mg elemental calcium Calcium-Sandoz® Forte (calcium lactate gluconate) 1 Effervescent Tablet = 500 mg elemental calcium Calcium-Sandoz® Gramcal® (calcium lactate gluconate) 1 Effervescent Tablet = 1 000 mg elemental calcium Calcium-Sandoz® Syrup (calcium glucono-galacto-gluconate) 1 tsp. (5 mL) = 110 mg elemental calcium			

Adapted from Nutrient Values of Some Common Foods
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