

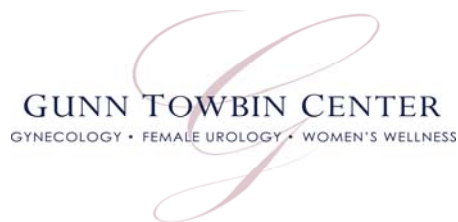


CALCIUM CONTENT OF COMMON FOODS

FOOD	AMOUNT	Ca(mg)
DAIRY PRODUCTS		
MILK		
Whole, 3.5%	1 cup	288
Nonfat(skim)	1 cup	296
Butter, stick	1/2 cup	23
Buttermilk	1 cup	296
CHEESE		
Blue or Roquefort	1 cup in	54
Camembert	1 wedge	40
Cheddar	1 cu in	129
Cottage	12oz	320
Parmesan, grated	1 tbsp	68
Swiss(natural)	1 cu in	139
Swiss(processed)	1 cu in	159
American	1 cu in	122
CREAM		
Half-and-half	1 tbsp	16
Light	1 tbsp	15
Sour	1 tbsp	12
Custard, baked	1 cup	297
Ice cream	1 cup	194
Hardened	1 cup	204
Soft-serve	1 cup	273
Margarine, stick	1/2 cup	23

FOOD	AMOUNT	Ca(mg)
PUDDING		
Chocolate	1 cup	250
Vanilla	1 cup	298
YOGURT		
Made from whole milk	1 cup	272
made from partially skimmed	1 cup	297
Beef, lean only	2 1/2 oz	10
Chicken breast fried	2 1/2 oz	9
EGGS		
Whole	1 egg	27
Yolk of egg	1 yolk	24
Scrambled w/milk and fat	1 egg	51
Clams	3 oz	53
Crabmeat, canned	3 oz	38
Haddock, breaded, fried	3 oz	34
Oysters, raw	1 cup	226
Salmon, pink canned	3 oz	167
Sardines, canned in oil drained	3 oz	372
Shrimp, canned	3 oz	98
SOUPS		
Canned(prepared in water)	1 cup	34
Clam chowder	1 cup	34

FOOD	AMOUNT	Ca(mg)
Cream of chicken	1 cup	24
Cream of mushroom	1 cup	41
Minestrone	1 cup	37
Tuna, canned in oil, drained	3 oz	7
VEGETABLES		
Asparagus, green	1 cup	37
BEANS		
Lima	1 cup	80
Red(kidney)	1 cup	74
Snap(green or yellow)	1 cup	72
Beets	1 cup	29
Broccoli, cooked	1 stalk	158
Brussels sprouts	1 cup	50
CABBAGE		
Raw	1 cup	39
Cooked	1 cup	64
Red, raw, coarsely, shredded	1 cup	29
Carrots	1 cup	45
Cashew nuts	1 cup	53
Cauliflower, cooked	1 cup	25
Celery	1 cup	39
Collards, cooked	1 cup	289
Mustard greens, cooked	1 cup	193



FOOD	AMOUNT	Ca(mg)
ONIONS		
Raw	1 onion	30
Cooked	1 cup	50
Parsnips, cooked	1 cup	70
Peanuts, roasted	1 cup	107
Peas, green	1 cup	44
Pumpkin, canned	1 cup	57
Sauerkraut, canned	1 cup	85
Spinach	1 cup	200
Squash, cooked	1 cup	55
Sweet, potatoes	1 med	52
Tomatoes	1 med	24
Tomato catsup	1 cup	60
Turnips, cooked	1 cup	54
Turnips green, cooked	1 cup	252
FRUITS AND FRUIT PRODUCTS		
APRICOTS		
Canned in heavy syrup	1 cup	28
Dried, uncooked	1 cup	100
Avocados	1 med	26
Blackberries, raw	1 cup	46
Blueberries, raw	1 cup	21
Cantaloupes, raw	1/2 melo	27
Cherries, canned, red	1 cup	37
Dates, pitted	1 cup	105
Grapefruit, pink	1/2 med	20
Grapefruit, juice	1 cup	23
Grape juice	1 cup	28

FOOD	AMOUNT	Ca(mg)
Lime juice	1 cup	22
Oranges	1 med	54
Orange juice	1 cup	26
Papayas, raw	1 cup	36
Peaches, dried	1 cup	77
Pineapple	1 cup	27
Pineapple juice, canned	1 cup	37
Plums, canned	1 cup	36
Prunes, cooked	1 cup	60
Prune juice(bottled)	1 cup	36
Raspberries, raw	1 cup	27
Rhubarb, cooked	1 cup	212
Strawberries, raw	1 cup	31
Tangerines	1 med	34
Watermelon	1 cup	30
GRAIN PRODUCT		
Barley	1 cup	32
Biscuits, home made	1	34
Bran flakes w/ raisins	1 cup	28
Bread	1 slice	23
Cakes(from mixes)	1 small	55
Cupcakes(from mixes)	1 small	43
Commeal	1 cup	23
Farina, cooked	1 cup	147
Muffins, enriched white	1 muffin	42
Oats	1 cup	44
Oatmeal	1 cup	22
PANCAKES		

FOOD	AMOUNT	Ca(mg)
Wheat plain, buttermilk	1 cake	52
PIE		
Butterscotch	1 slice	98
Custard	1 slice	125
Mince Pecan Pumpkin	1 slice	38
Pizza, cheese	1 slice	107
Rice, cooked	1 cup	21
ROLLS		
Frankfurter or hamburge	1 roll	30
Hard	1 roll	24
Spaghetti w/ meat balls	1 cup	124
Home recipe	1 cup	124
Canned	1 cup	53
WAFFLES		
Enriched flour	1 waffle	85
From mix	1 waffle	179
SUGAR AND SWEETS		
Caramels	1 oz	42
Chocolate milk, plain	1 oz	65
Fudge, plain	1 oz	22
Molasses, blackstrap	1 tbsp	137
Sherbet	1 cup	31
Sugar, brown	1 cup	187
NUTS AND BEANS		
Almonds	1/2 cup	160
Pecans	1/2 cup	42
Tofu(soybean curd)	3 1/2 cup	128
Walnuts	1/2 cup	50