



Calcium-Rich Foods at a Glance™

Find practical food sources of calcium and see how a few choices can add up.



HOW MUCH DO WOMEN GENERALLY NEED?

Ages 19 to 50: 1,000 mg daily | Ages 51 and older: 1,200 mg daily

Your individual needs may differ. Count calcium from both food and supplements.



DAIRY



Milk	1 cup	about 300 mg
Yogurt	6 oz	about 250 mg
Cheddar cheese	1 oz	about 200 mg
Ricotta, part-skim	½ cup	about 335 mg

FORTIFIED & SOY FOODS



Fortified plant beverage	1 cup	check label
Calcium-set tofu	½ cup	check label
Fortified cereal	1 serving	check label
Fortified juice	1 cup	check label

*Calcium can vary widely by brand.
Shake fortified beverages before pouring.*

FISH WITH EDIBLE BONES



Sardines with bones	3 oz	about 325 mg
Canned salmon with bones	3 oz	about 180 mg

The soft edible bones provide much of the calcium.

COOKED GREENS & SOYBEANS



Collard greens	1 cup	about 266 mg
Kale	1 cup	about 179 mg
Bok choy	1 cup	about 160 mg
Soybeans	1 cup	about 175 mg



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BUILD IT INTO YOUR DAY

Yogurt at breakfast + milk with lunch + cooked greens at dinner
can provide roughly 800 mg before counting the rest of your food.



READ THE LABEL

Use the serving size and calcium amount, not the front-of-package claims. Fortified products are not all the same.



Gentle Reminder

Food amounts are estimates and can vary by product and preparation. More calcium is not automatically better.



Martine's Midlife Wellness Tip

Begin by noticing what you already eat. Adding one calcium-rich food may be easier than rebuilding your whole menu.

