



Calcium-Rich Foods at a Glance™

Simple ways to build calcium into everyday meals and snacks.

1 DAIRY & FORTIFIED OPTIONS



Milk, 1 cup —
about 300 mg



Yogurt, $\frac{3}{4}$ cup —
about 250–350 mg



Fortified plant milk, 1 cup —
about 300 mg



Fortified orange juice, 1 cup —
about 300 mg

2 FISH & PROTEIN FOODS



Sardines with bones, 3 oz —
about 325 mg



Canned salmon with bones, 3 oz —
about 180 mg



Calcium-set tofu, $\frac{1}{2}$ cup —
about 250–400 mg

3 GREENS & EVERYDAY EXTRAS



Collard greens, cooked, 1 cup —
about 270 mg



Kale, cooked, 1 cup —
about 180 mg



Bok choy, cooked, 1 cup —
about 160 mg



White beans, $\frac{1}{2}$ cup —
about 80 mg

4 BUILD IT THROUGH THE DAY



Breakfast:
fortified milk
+ yogurt



+



Lunch:
greens +
white beans



+



Dinner:
salmon with
bones +
bok choy



+



Calcium amounts vary by brand and preparation.
Check the Nutrition Facts label, especially on fortified foods and tofu.



MIDlife MOJO TIP

Spread calcium-rich foods across the day
instead of trying to fit everything into one meal.

