

Foods that contain calcium

The recommended daily calcium intake for adolescents and young adults (11 to 24 years of age) is 1,200 to 1,500 milligrams (mg). The recommended daily intake for children 6 to 10 years of age is 800 to 1,200 mg. A good way to get calcium is from foods such as those listed below (along with the amounts of calcium they contain).

If you do not eat any of the foods below, talk to your doctor about a calcium supplement.

Factors that can interfere with your body's ability to absorb calcium and use it to build strong bones include:

- a high-phosphorus diet (large amounts of meat and soda)
- caffeine (more than two cups of coffee or soda a day)
- alcohol
- cigarette smoking
- a low estrogen level (irregular or absent menstrual periods) in adolescent girls

Milk

Whole, 8 oz	291 mg
Skim, 8 oz	302 mg

Yogurt

Low fat plain, 8 oz	415 mg
Low fat with fruit, 8 oz	343 mg
Frozen (fruit), 8 oz	240 mg
Ice cream, soft serve, 1 cup	274 mg

Milk shake

McDonald's 15 oz (vanilla)	320 mg
Burger King, 10 oz	240 mg

Cheese

Muenster, 1 oz	203 mg
Cheddar, 1 oz	204 mg
Ricotta, part skim (1 cup)	167 mg
Mozzarella, part skim (1 oz)	207 mg
Cottage, 1½ cup	100 mg
Fortified orange juice, 8 oz	300 mg
Salmon, 3 oz	167 mg
Shrimp, 3 oz	100 mg
Collards, cooked from raw (1 cup)	252 mg
Broccoli, cooked, 1 cup	100-136 mg
Spinach, cooked, (1/2 cup)	122 mg
Tofu in oriental foods (stir fry and soups), 4 oz	150-250 mg