



Calcium Content of Foods

(in milligrams; 1 cup measured, unless otherwise stated)

The US Recommended Daily Allowance (RDA) for calcium is 1,000 mg for adults ages 19-50 years, 1,200 mg for women 51 years and older and 1,000 mg for men 51 years and older. This is from all sources—diet plus dietary supplements.

| Fruits and Vegetables | | | |
|---------------------------------|-----|---------------------------------------|-----|
| Avocado, 1 medium | 30 | Mustard greens, cooked | 450 |
| Bean sprouts | 320 | Okra, sliced, boiled | 100 |
| Beans, green, snap, boiled | 58 | Onions, chopped, raw | 32 |
| Beans, wax, cut, canned | 174 | Parsley, chopped, raw | 82 |
| Beet greens, boiled | 165 | Parsley, sliced, boiled | 912 |
| Blackberries, raw | 46 | Parsnips, sliced, boiled | 58 |
| Blueberries, frzn, unsweetened | 44 | Peas, green, raw | 36 |
| Bok choy, cooked | 330 | Potato, w/ skin baked (1 med) | 20 |
| Bok choy, raw | 250 | Pumpkin, canned | 64 |
| Borage, boiled | 235 | Rhubarb, frozen, raw | 266 |
| Broccoli, raw | 160 | Rutabaga, cubed, boiled | 72 |
| Brussel sprouts, boiled | 56 | Salsify, sliced, boiled | 64 |
| Cabbage, shredded, raw | 32 | Sauerkraut, canned | 72 |
| Carrots, sliced, boiled | 48 | Shallots, chopped, raw | 64 |
| Cassava, raw | 209 | Shepherd's Purse, cooked | 300 |
| Cauliflower, pieces, raw | 28 | Snow peas, raw | 62 |
| Celeriac, raw | 99 | Spinach, chopped, raw | 80 |
| Celery, diced, boiled | 64 | Spinach, cooked | 250 |
| Collard greens, cooked | 360 | Squash | |
| Dandelion greens, boiled | 146 | Acorn squash, cubed, baked | 90 |
| Eggplant, raw | 30 | Butternut squash, boiled | 84 |
| Fennel bulb, sliced, raw | 43 | Hubbard/Spaghetti | 34 |
| Garden cress, raw | 40 | Sweet potato, baked with skin, medium | 32 |
| Kale, fresh, chopped, steamed | 210 | Swiss chard | 125 |
| Kohlrabi, sliced, boiled | 76 | Turnip, cubed, boiled | 36 |
| Lambsquarters, chopped, steamed | 464 | Turnip greens, cooked | 450 |
| Leeks, chopped, raw | 60 | Watercress, chopped, raw | 40 |
| Beans, dried & boiled | | | |
| Adzuki beans | 63 | Mung beans | 55 |
| Black Bean | 47 | Navy beans | 128 |
| Broadbeans (fava) | 62 | Pinto beans | 95 |
| Chickpeas/Garbanzos | 340 | Refried beans, canned | 118 |
| Cowpeas/blackeye peas | 212 | Soybeans, mature | 175 |
| Cranberry beans | 89 | Split peas | 20 |
| Kidney beans | 50 | White beans | 161 |
| Lentils | 70 | | |



| Nuts, Nut Butters, Seeds | | | |
|--------------------------|-----|---------------------------|------|
| Almond Butters | 670 | Pecans | 80 |
| Almonds | 660 | Pine nuts | 56 |
| Brazilnuts | 400 | Pistachios, shelled | 304 |
| Butternuts | 120 | Pumpkin seeds, dried | 96 |
| Cashew butter | 96 | Safflower kernels, dried | 176 |
| Cashews | 104 | Sesame seeds (1 Tbsp) | 70 |
| Coconut milk | 36 | Soybean nuts, dry roasted | 426 |
| Filberts/Hazelnuts | 450 | Sunflower butter | 120 |
| Flax seeds, linseed | 616 | Sunflower seeds | 260 |
| Hickory nuts | 136 | Tahini, sesame butter | 426 |
| Macadamia nuts | 160 | Walnuts | 280 |
| Dairy Products | | | |
| Goat milk | 315 | Ice cream | 200 |
| Buttermilk | 300 | Butter (1 Tbsp.) | 45 |
| Whole milk | 290 | Swiss cheese (1 oz) | 260 |
| Yogurt | 270 | Cheddar cheese (1 oz) | 215 |
| Cottage cheese | 230 | Parmesan cheese (1 Tbsp) | 70 |
| Soy Products | | | |
| Miso | 184 | Tofu | 260 |
| Tempeh | 154 | Tofu, firm | 516 |
| Fish | | | |
| Raw oysters | 300 | Mackerel canned w/ bones | 680 |
| Shrimp | 130 | Sardines canned w/ bones | 1000 |
| Salmon w/ bones | 490 | | |
| Sprouts | | | |
| Alfalfa | 25 | Mung | 35 |