

Food item	Serving size	Amount of calcium (mg)
Almonds	¼ cup (50 ml)	75
Bok choy, cooked	½ cup (125 ml)	85
Broccoli, cooked	½ cup (125 ml)	50
Figs	6 dried	150
Yogurt, fruit bottom	¾ cup (175 g)	215 to 280
Yogurt, plain	¾ cup (175 g)	265 to 320
Cheese	50g	355 to 435
Milk	1 cup (250 ml)	300 to 320
Orange juice fortified with calcium	½ cup (125 ml)	150
Rice or soy beverage, fortified	1 cup (250 ml)	300
Soybeans, cooked	½ cup (125 ml)	90
White beans	½ cup (125 ml)	100
Salmon, canned with bones	3oz	180
Sardines, canned with bones	4	180