

Top 12 Sources of Calcium

1,000mg/day for women age 19-50 & men age 19-70
 1,200mg/day for women age 51-70+ & men age 70+



1c =
506mg

Tofu, Firm



1c =
488mg

Nonfat Yogurt



1c = 300-
450mg

Non-Dairy Milk



1c =
385mg

Almonds



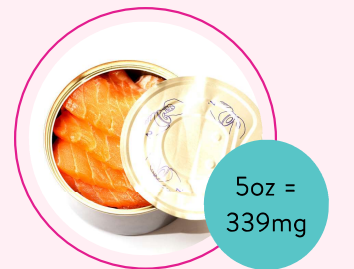
3.75 =
351mg

Canned Sardines



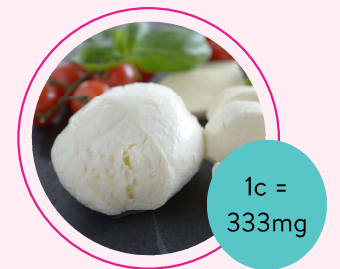
1c =
349mg

**Fortified
Orange Juice**



5oz =
339mg

Canned Salmon



1c =
333mg

**Mozzarella
Cheese**



1c =
325mg

Nonfat Milk



1c =
262mg

Soybeans



1c =
227mg

Cottage Cheese, 2%



1c =
154mg

Spinach