



## WHAT FOODS PROVIDE CALCIUM?

Calcium, the most abundant mineral in the human body, has several important functions. More than 99% of total body calcium is stored in the bones and teeth where it functions to support their structure. The remaining 1% is found throughout the body in blood, muscle, and the fluid between cells. Calcium is needed for muscle contraction, blood vessel contraction and expansion, the secretion of hormones and enzymes, and sending messages through the nervous system. A constant level of calcium is maintained in body fluid and tissues so that these vital body processes function efficiently.

<u>Food Sources of Calcium</u>	<u>Serving</u>	<u>Milligrams</u> (Estimated)	<u>Food Sources of Calcium</u>	<u>Serving</u>	<u>Milligrams</u> (Estimated)
<b>Produce</b>			<b>Dairy</b>		
Collard greens, frozen	8 oz	360 mg	Ricotta, part-skim	4 oz	335 mg
Broccoli rabe	8 oz	200 mg	Yogurt, plain, low-fat	6 oz	310 mg
Kale, frozen	8 oz	180 mg	Milk, skim, low-fat, whole	8 oz	300 mg
Soy Beans, green, boiled	8 oz	175 mg	Yogurt with fruit, low-fat	6 oz	260 mg
Bok Choy, cooked, boiled	8 oz	160 mg	Mozzarella, part-skim	1 oz	210 mg
Figs, dried	2 figs	65 mg	Cheddar	1 oz	205 mg
Broccoli, fresh, cooked	8 oz	60 mg	Yogurt, Greek	6 oz	200 mg
Oranges	1 whole	55 mg	American Cheese	1 oz	195 mg
<b>Seafood</b>			Feta Cheese	4 oz	140 mg
Sardines, canned with bones	3 oz	325 mg	Cottage Cheese, 2%	4 oz	105 mg
Salmon, canned with bones	3 oz	180 mg	Frozen yogurt, vanilla	8 oz	105 mg
Shrimp, canned	3 oz	125 mg	Ice Cream, vanilla	8 oz	85 mg
			Parmesan	1 tbsp	55 mg