



WHAT FOODS PROVIDE CALCIUM?

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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) |
|--------------------------------|----------------|----------------------------------|--------------------------------|----------------|----------------------------------|
| Produce | | | Dairy | | |
| 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 |
| Seafood | | | 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 |

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