

The calcium content of selected foods



GOOD TO KNOW:

Low fat dairy products have just as much calcium (and sometimes even more) than regular varieties.

	Calcium/serve (mg)	Std serve	grams/serve	kJ/serve
Milk, reduced fat, calcium fortified	520	cup (250 ml)	–	382
Skim milk	341	cup (250 ml)	–	382
Reduced fat milk	367	cup (250 ml)	–	551
Regular milk	304	cup (250 ml)	–	762
Reduced fat evaporated milk	713	cup (250 ml)	–	908
Regular soy milk	309	cup (250 ml)	–	660
Reduced fat soy milk	367	cup (250 ml)	–	702
Low fat soy milk	367	cup (250 ml)	–	606
Tofu firm	832	cup (250 ml)	260	1378
Regular natural yogurt	386	tub	200	734
Low fat natural yogurt	488	tub	200	498
Cheddar cheese	160	1 slice	21	349
Reduced fat cheddar cheese (15%)	209	1 slice	21	233
Shaved parmesan	204		21	355
Edam cheese	176	1 slice	21	312
Pecorino	156	1 slice	21	318
Reduced fat mozzarella	200	1 slice	21	258
Camembert	121	1 wedge	25	322
Sardines, canned in water, no added salt	486	can	90	649
Sardines, canned in oil, drained	330	can	90	824
Pink salmon, canned in water, no added salt	279	small can	90	552
Pink salmon, canned in brine	183	small can	90	575
Red salmon, canned in water, no added salt	203	small can	90	734
Red salmon, canned in brine	175	small can	90	688
Mussels, steamed or boiled	173		100	503
Snapper, grilled, with olive oil	163	1 fillet	100	635
Oysters, raw	132		100	303
Tahini	66	1 tablespoon	20	543
Almonds, with skin	30	10 almonds	12	300
Dried figs	160	6 figs	80	866
Dried apricots	32	6 apricots	45	399
Brazil nuts	53	10 nuts	35	1,010
Curley parsley, chopped	12	1 tablespoon	5	6
Mustard cabbage, raw	91	1 cup, shredded	70	54
Bok choy, raw	65	1 cup	75	61
Watercress, raw	60	1 cup	70	77
Silverbeet, boiled	87	1/2 cup	100	82
Lebanese cucumber, raw	68	1 cup sliced	120	61
Celery, raw	31	1 cup, chopped	70	45
Broccoli, raw	15	2 florets	45	56
Baked beans in tomato sauce	43	cup	120	426
Chickpeas, canned	90	cup	200	898
Soy beans, canned	106	cup	200	844
Boiled egg	21	medium	55	321
Carob bar	56	1 bar	15	323
Licorice	34	1 stick	12	114
Vanilla ice cream, reduced fat	48	1 scoop	50	176
Vanilla custard, reduced fat	130	1 tub	100	359
Cheesecake	163	1 slice	125	1786

* Source: NUTTAB 2010.