

Calcium sources in foods

Food	Mgs. of Calcium*
1 cup skim milk	302
1 cup 1% low-fat milk	300
1 cup 2% low-fat milk	297
1 cup whole milk	291
1 cup buttermilk	285
1 oz. Swiss cheese	272
1 oz. cheddar cheese	204
1 oz. American cheese	174
1/2 cup 2% cottage cheese	77
1 cup low-fat plain yogurt	415
1 cup low-fat yogurt with fruit	345
3 oz. sardines with bones	345
3 oz. salmon with bones	99
3 oz. shrimp, canned	145

From the National Institute of Health: www.cc.nih.gov/ccc/supplements/vitd.html#food
 DV = Daily Value. DVs are reference numbers based on the Recommended Dietary Allowance (RDA). They were developed to help consumers determine if a food contains very much of a specific nutrient. The DV for vitamin D is 400 IU. The percent DV (%DV) listed on the nutrition facts panel of food labels tells adults what percentage of the DV is provided by one serving. Percent DVs are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. Foods that provide lower percentages of the DV will contribute to a healthful diet.

CALCIUM Table Source: National Dairy Council